

TESCO

FREE | OCTOBER 2023

Apple &
blackberry
pie p23

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coupons
p94 & p97

*Classics
made spooky*

TRICKS & TREATS

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[†]FOR VERIFICATION, SEE WALKERS.CO.UK/MOSTLOVED

Available at **TESCO**

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made different

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Tesco magazine reader, p87

October is my favourite month. It's got that lovely balance of cosying up on the sofa at home, glass of wine in one hand, book in the other, and casual get-togethers that call for easy comfort food. We've got lots of ideas to make autumn hosting easy, including a spooky cheeseboard for Halloween fans, p41, and a very sticky cake for Bonfire Night, p44 (which I couldn't help but polish off while writing this!). Fancy having friends over for curry? We've got some excellent tips and recipes that'll have everyone asking for your secret, p64. Oh, and you might want to treat yourself to some gorgeous new home accessories from the Fox & Ivy range, p30.

Lauren



I'M LOVING...

...fireside treats with my family around Bonfire Night. Just add plenty of chocolate sauce!

Marshmallows 200g, £1.10 (55p/100g)



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Apple & blackberry pie, p23

RECIPE Elspeth Allison

PHOTOGRAPHY Gareth Morgans

FOOD STYLING Lucy O'Reilly

PROP STYLING Morag Farquhar



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FILO-WRAPPED PEARS

WHY NOT TRY... AUTUMN BAKING

Turn on the oven and cosy up with these brilliant bakes



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PUMPKIN & BLUE CHEESE SCONES

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Please always check labels carefully to ensure ingredients meet your dietary requirements, especially if you have an allergy. Our symbols are based on the ingredients listed on the packaging only. Please always check for allergen information such as 'may contain' messages. Ingredients are subject to change after going to press.

V Vegetarian (free from meat and fish)
V Vegan (free from animal-derived products)
DF Dairy free (free from milk-derived products)
GF Gluten free
***** Can be frozen for up to 3 months.
***** Wrap appropriately. Defrost and heat thoroughly before eating. Never refreeze food that has already been frozen.

Ingredients used are from Tesco's core range, unless otherwise stated. We use medium free-range eggs, semi-skimmed milk, unsalted butter and unwaxed fruit. Ingredients marked 'optional' are not included in the cost per serve, reference intakes or dietary symbols. Tesco magazine is not responsible for any recipes included on advertisements.

Reference intakes are printed below recipes. For more information, visit realfood.tesco.com/curatedlist/what-is-healthy.html. Our recipes should be eaten as part of a balanced diet and healthy lifestyle. All nutritional information is checked by a qualified nutritionist. We regret that we are unable to respond to individual nutritional queries.

Prices and availability are subject to change. Due to ongoing uncertainty, prices and availability may be more susceptible to change than usual. Cost per serve is based on the online cost of ingredients (excluding anything unused) at the time of going to press and is subject to change.

Alcohol For more information about responsible drinking, visit be.drinkaware.co.uk



We all want to feel better about our lifestyles, the food we buy, meals we make and packaging we use. So Tesco has created Better Baskets, with value at its heart, as an easy way to fill your basket with better choices every time you shop. Look out for the logo to help you make better choices with Tesco.

CRISPY BAT WING CHICKEN TACOS



38

POTATO & SPINACH PAKORAS



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ROAST PORK LOIN



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SPICED BASQUE CHEESECAKE



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What's in store

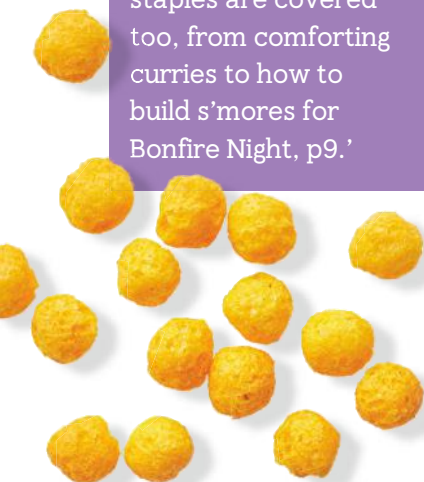


From Halloween centrepieces to cosy fireside snacks, try these new treats and everyday eats for autumn



JAMIE ROBINSON
Tesco executive
chef, product
development

'If Halloween is as big in your house as it is in mine, you'll want tricks and treats to entertain your little monsters. Helpfully, we have everything you need at Tesco to be the (g)host with the most. Other seasonal staples are covered too, from comforting curries to how to build s'mores for Bonfire Night, p9.'



Movie makers

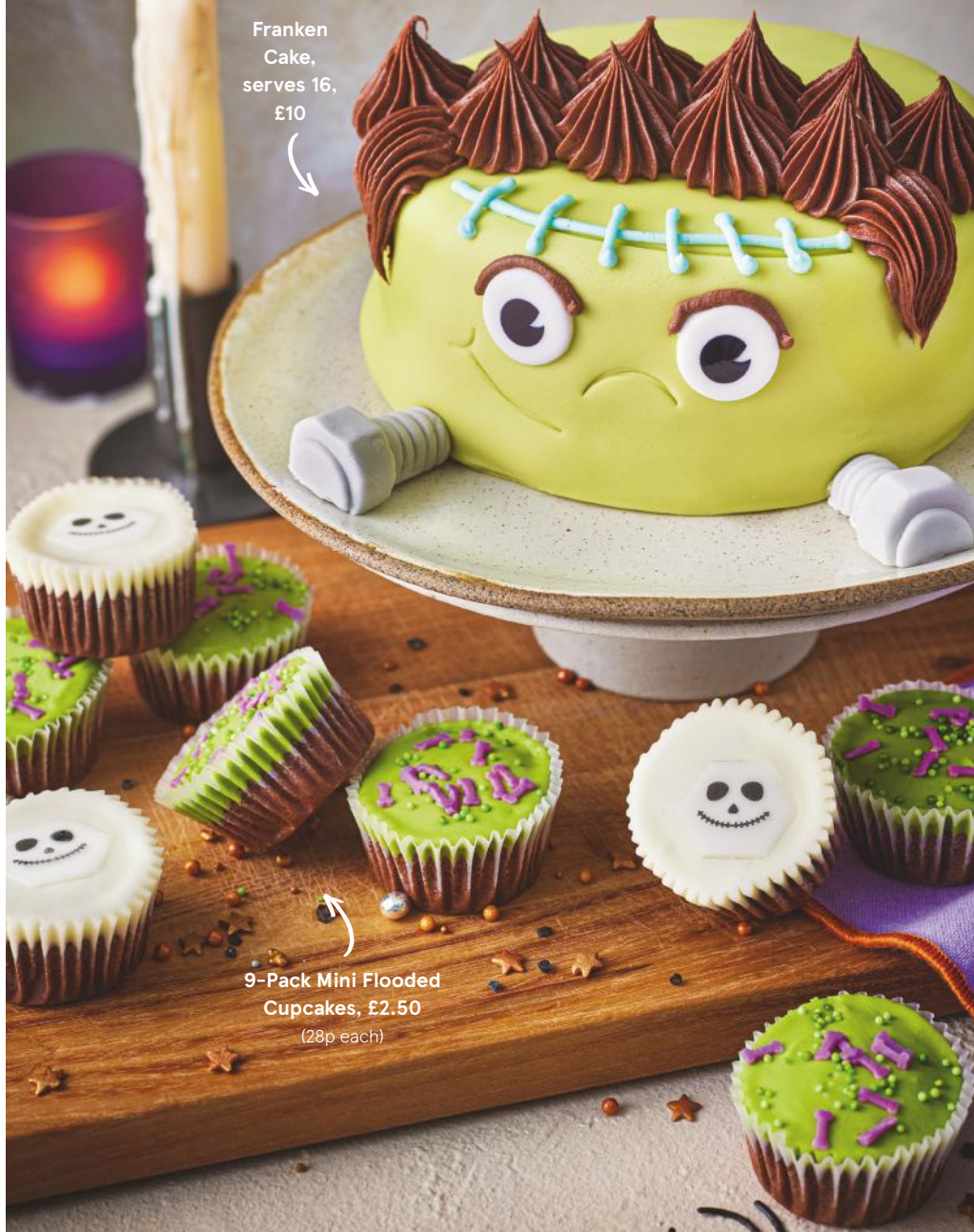


Spooky films call for scarily tasty snacks: **Cheese Balls 150g, £1** (67p/100g)

NO TRICKS, JUST TREATS

The finishing touches you need for a hauntingly spook-tacular Halloween

Franken
Cake,
serves 16,
£10



9-Pack Mini Flooded
Cupcakes, £2.50
(28p each)



Love at first bite

Keep the vampires away with this extra-garlicky bread – look out for slime-filled pizza too! **The Pizza Company Vampire Garlic Bread 210g, £3.15** (£1.50/100g)



GET SET... BAKE

Use Ready To Roll Black Icing 250g, **£1.80** (72p/100g), in spooky cakes or half-term bakes.



Bake it easy

Cheat your way to delicious desserts with this quick mix. It even comes with a cardboard baking tray. **Chocolate Brownie Kit 285g, £1.90** (67p/100g)

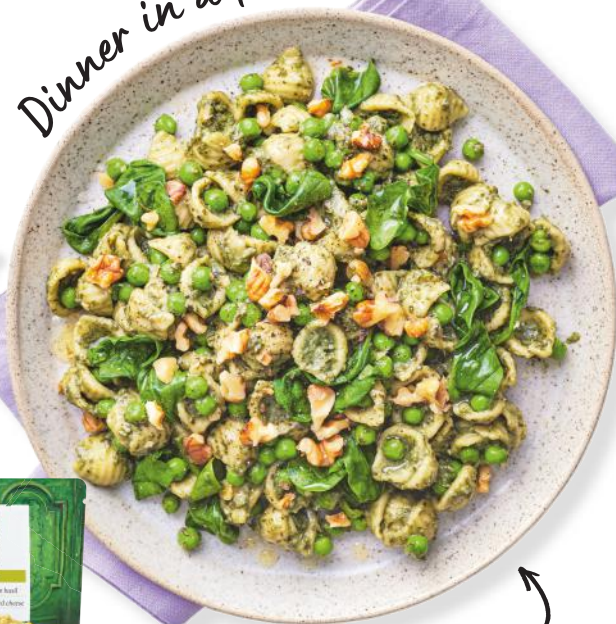
AUTUMNAL EATS

No one need miss out on a warming pud on a cold night:

Free From Syrup Sponge Pudding 115g, £1.25 (£1.09/100g)



Dinner in a flash



New sachets make dinner even easier! Microwave **Pesto Pasta 200g, £1.25** (63p/100g), then stir through cooked peas, spinach and walnuts.

FULL ON PROTEIN. FULL ON TASTE.

New

TRY NOW

0%

ADDED SUGARS*

0%

FAT**



*contains naturally occurring sugars only.

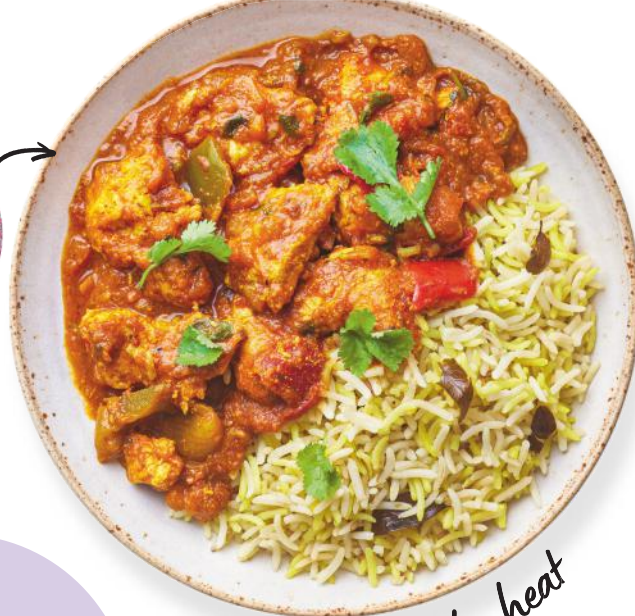
**with the exception of GetPRO mousses and puddings which are low in fat.

Selected stores only. Whilst stocks last.

Available at **TESCO**



**Tesco Finest
Chicken Jalfrezi
with Butter Cumin
Rice 400g, £4.25**
(£1.06/100g)



Turn up the heat

3

FANTASTIC CURRIES TO TRY

Tasty meals to celebrate
National Curry Week (2-8
Oct). Making your own?
Head to p64.



**Tesco Finest Chicken
Ruby with Jewelled Rice
380g, £4.25** (£1.12/100g)

Loaded with spice



Mild and creamy



**Tesco Finest Prawn
Bhuna with Saffron
Pilau Rice 400g, £4.25**
(£1.06/100g)

Bonfire bangers

Made from pea
protein, **Plant
Chef 6 Leek &
Mushroom Meat-
Free Bangers**
300g, £1.95
(65p/100g), can be
enjoyed by all.



PLEASE SIR, CAN WE HAVE S'MORES...?

Nothing says Bonfire Night
like a melting, chocolatey
s'more. Layer up this combo
for pure indulgence:

THE BISCUITS



You can't beat the classic:
Digestives 400g, 70p
(18p/100g).

THE MARSHMALLOWS

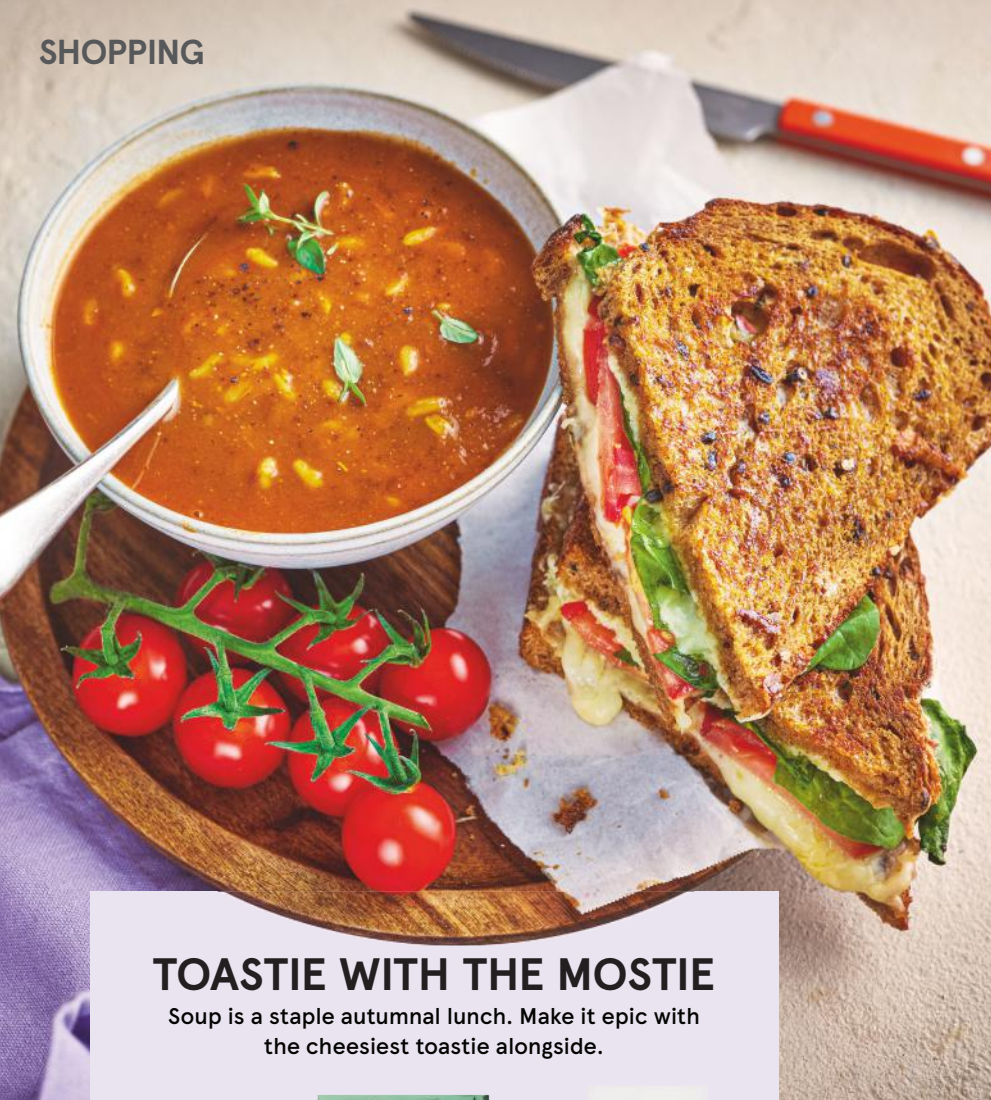


Toast big **Marshmallows**
200g, £1.10 (55p/100g),
under the grill or over
your bonfire.

THE CHOCOLATE



Break **Milk Chocolate Bar**
200g, £1.20 (60p/100g), into
squares to help it melt.



TOASTIE WITH THE MOSTIE

Soup is a staple autumnal lunch. Make it epic with the cheesiest toastie alongside.



Mulligatawny Soup 400g, 75p
(19p/100g)



Grated Mozzarella 250g, £2.75
(£1.10/100g)



Tesco Finest Reserve Swiss Gruyère 195g, £3.80 (£1.95/100g)

Comfort's calling

Take the faff out of comfort food - just serve these with a side of greens for a balanced dinner.



Tesco Finest Root Vegetable Cottage Pie 400g, £4.25
(£1.06/100g)



Tesco Finest Bourbon Pulled Beef with Creamy Mash 400g, £4.25 (£1.06/100g)



Try the trend

Truffle is the latest hot topic. Try it in this creamy mayo, drizzled on salads or used as a dip for pizza crusts - **Truffle and Pecorino Mayonnaise Dip 100g, £2.**



Wholemeal Bread 800g, 75p (9p/100g)



6 Wholemeal Pittas, 50p (8p each)



H.W. Nevill's 8 Wholemeal Tortilla Wraps, 99p
(12p each)

GO FOR GRAINS

Looking to make better packed lunches this autumn? Better Baskets can help you make better choices every time you shop at Tesco. By choosing the products above you'll be boosting your fibre intake - and they're on Aldi Price Match* too. You can even apply the 'lifestyle and dietary' filter when you shop online to search for products that are 'high in fibre' and find more exciting choices.



*Available in the majority of stores. Aldi Price Match: Prices checked and matched on hundreds of comparable products from GB Aldi stores and/or online twice weekly. Price most often found matched excluding promotional prices. Prices matched pro rata. Products matched may vary by week. Excludes Express, Whoosh and NI. Product availability varies by store. For more details, see tesco.com/aid/pricematch

Knorr
SINCE 1838


Unilever



**Give your Spag Bol
More with Knorr**



Available in the majority of stores

Available at **TESCO**

A CUP ABOVE

Tesco Finest coffee lands in The Café from 9 October. Whether you're a latte or cappuccino lover, our baristas create handcrafted coffee with notes of nuts and chocolate. Drink in or sip on the go in the new-look takeaway cup.



Kids eat free

During the October half-term, if you buy anything in The Café and show your Clubcard, your little one can enjoy a free meal from the kids' menu*. The offer applies Monday to Friday only. Go on, tuck in!



The
Café

Help children thrive

Tesco Stronger Starts is committing £5 million** to help fund healthy food and activities for over 5,000 children's groups this year. Pick up a blue token as you leave the store and drop it in the voting unit as you leave. Find out more at tesco.co.uk/strongerstarts.



KEEP IT SWEET

Making everyday moments special is a piece of cake – literally. With the new range of sweet treats at Tesco, indulging has never been easier. Whether you're grabbing a levelled-up Danish from the in-store Bakery section for a decadent brunch, celebrating a birthday by presenting a hidden-centre cake, or looking for trend flavour scones for an afternoon tea, there's something for everyone to enjoy.



WORDS JESS HERBERT PHOTOGRAPHY TOM REGESTER FOOD STYLING MIMA SINCLAIR PROP STYLING VICTORIA ELDRIDGE
*Offer valid Monday to Friday only, excludes weekends. Purchase needed. Clubcard/app required. See website for full Ts&Cs.
Dates vary in regions: see tesco.com/zones/tesco-cafe for more details. **Tesco will fund £5 million by July 2024

New


ZARBEE'S®

INSPIRED BY NATURE

Kind and Effective Cough Relief & Immune Support*



Made with naturally sourced ingredients

†Cough & Sore Throat syrups are medical devices to relieve any cough, dry or chesty. *Vitamin D contributes to the normal function of the immune system. Immune Support liquids are food supplements and should not be used as a substitute for a varied balanced diet. UK-ZAR-2300072

Available at **TESCO**

TASTES LIKE HOMEMADE



With 150 years of expertise and tradition in every product we make, Filippo Berio Pasta Sauces are as authentic as they are delicious. Made with naturally sweet Italian tomatoes and Filippo Berio Extra Virgin Olive Oil, these are convenient, classic pasta sauces of the highest quality.

When Filippo Berio makes pasta sauces, we ensure that the vegetables are cooked before the tomatoes are added – not at the same time. This crucial two stage cooking method locks in all the flavour, so our sauces taste fresh. Just like homemade.

Bring effortless Italian inspiration to any meal with Filippo Berio Pasta Sauce.

Awarded 1 gold star for Verdure Grigliate, Basilico and Olive variants.

Filippo Berio

His signature. Our promise.

Regular price: £2.65 / Clubcard price: £2.00
Clubcard price valid 04/10/2023 – 31/10/2023
Clubcard / app required. While stocks last. Available in the majority of stores.

Available at **TESCO**

COOK ONCE, EAT TWICE

A versatile pie filling doubles up for fajitas
in these crowd-pleasing recipes

Chicken &
greens filo
pot pie p16

Creamy
chicken
fajitas p16

Today's warming pie... becomes tomorrow's creamy chicken fajitas





Dinner tonight

CHICKEN & GREENS FILO POT PIE

Serves 4 *

Takes 1 hr 10 mins

Cost per serve £1.69

30g sachet fajita seasoning
400g tin chopped tomatoes
300g pot soured cream
180g pack chopped curly kale
1 head of broccoli, cut into florets
3 sheets filo pastry, each cut in half

2½ tbsp vegetable oil
2 onions, thinly sliced
3 mixed-colour peppers, thinly sliced
1kg pack skinless chicken thigh fillets, cut into 1cm-thick slices
2 garlic cloves, finely chopped

1 Heat 1 tbsp oil in a deep frying pan over a high heat and fry the onions and peppers for 5 mins or until softened and turning golden. Transfer to a plate, then add another 1 tbsp oil to the pan. Cook the chicken for 10 mins, still over a high heat, then return the peppers and onions to the pan and stir in the garlic and fajita seasoning. Cook, stirring, for 2-3 mins until the spices and garlic are fragrant.
2 Stir in the chopped tomatoes, soured cream and 300ml water. Reduce the heat to medium-low and simmer for 10 mins. Add the kale and cook for a further 5 mins; season. Set aside half the mixture (about 875g) for the fajitas – see recipe, right.
3 Preheat the oven to gas 5, 190°C, fan 170°C. In a pan of boiling water, simmer the broccoli for 4 mins. Drain, then mix with the remaining chicken mixture and spoon into a 2ltr baking dish. Scrunch up the filo pastry, arrange on top, then brush with the remaining oil. Bake for 20 mins or until golden.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1752kJ 420kcal	23g	7g	10g	1.2g
21%	33%	37%	11%	20%

of the reference intake. See page 5.
Carbohydrate 22g Protein 28g Fibre 7g

Lunch tomorrow

CREAMY CHICKEN FAJITAS

Serves 4

Takes 25 mins

Cost per serve £2.26

TIME-SAVING

For heating the chicken filling in an 800W microwave, cover and heat for 3-4 mins until piping hot throughout.

1 large ripe & ready avocado, peeled
1 lime, juiced
875g leftover chicken & greens filling (see recipe, left)
8-pack white tortilla wraps
1 butterhead lettuce, leaves separated
30g pack fresh coriander, leaves picked (optional)

1 Preheat the oven to gas 4, 180°C, fan 160°C. Mash the avocado in a bowl with the lime juice; season.
2 Spoon the chicken filling into a baking dish, cover with foil and bake for 20 mins until piping hot.
3 Spread a little avocado onto a tortilla wrap, top with some lettuce leaves, chicken filling and a scattering of coriander. Fold over the ends of the wrap and roll up to enclose the filling. Repeat with the remaining wraps.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
3131kJ 747kcal	34g	12g	11g	2.4g
37%	49%	58%	12%	40%

of the reference intake. See page 5.
Carbohydrate 72g Protein 34g Fibre 9g

GIVE ME MORE!

Scan this QR code to find more Cook once, eat twice meals on Tesco Real Food.





MADE *fresh* DAILY



Pick up a box of
irresistible treats
to share

Available in selected stores

Available at **TESCO**

New

YANKEE CANDLE®
HOME INSPIRATION®

SWEET AND SCARY

Goulishly Good



Yankee Candle® Home Inspiration® Large Jar Pumpkin Magic: Original Price - £17.00. Clubcard Price - £12.75*

Yankee Candle® Home Inspiration® Large Jar Spellbinding Potions: £17.00. Clubcard Price - £12.75*

Yankee Candle® Home Inspiration® Halloween 4 Votive Gift Set: £6.00

*Clubcard/app required. While stocks last.

Available in the majority of larger stores.

Only at **TESCO**

PUMPKIN AND GALA APPLES

If you've ever seen a pumpkin field you'll know they have a magical quality, the plant's green tendrils curling along the ground. Culinary pumpkins are just as magical to eat; their firm flesh is ideal for stewing, roasting, boiling and mashing. Complement their earthy sweet flavour with sharp feta in a salad, or paprika and cumin in a veggie tagine.

A hybrid of the apple world, Gala unites Cox's Orange Pippin, Delicious and Golden Delicious for a crisp, sweet flavour. Pair it with Cheddar, pickles and a hunk of bread for an autumnal Ploughman's feast, or dice and cook with cinnamon and sugar into a sumptuous tart. Our recipe, p23, pairs it with blackberries for the ultimate seasonal flavour combo. Someone pass the cream!

FIELD TO FORK

Go kick some autumn leaves, then come home to these cosy seasonal recipes

**Taste the care**

Look for this quality seal on the most cared-for products at Tesco. All the hero ingredients in this feature carry the Quality Seal mark, along with hundreds more expertly selected products in store and online.



SLOW-COOKER PUMPKIN & BEEF BRISKET CHILLI

Serves 8

Takes 9 hrs 20 mins

Cost per serve £1.91

CLEVER SWAP No

slow-cooker? Follow the recipe up to step 4, then add the tomatoes and stock and bring to a simmer. Transfer to a casserole dish, cover and bake at gas 2, 150°C, fan 130°C for 5 hrs. Stir, add the beans and pumpkin; cook for 1 hr.

1½ tbsp olive oil
600g pumpkin, peeled, deseeded and cut into 2.5cm pieces

1kg beef brisket, string removed, patted dry with kitchen paper
2 onions, chopped
1 red pepper, roughly chopped
3 garlic cloves, crushed
1 tbsp smoked paprika
1 tsp each ground cumin and fennel seeds, crushed
1 tbsp tomato purée
75ml balsamic vinegar
400g tin chopped tomatoes
1 beef stock pot, made up to 500ml
400g tin cannellini beans, drained
rice or baked potato and grated mature Cheddar, to serve (optional)
15g fresh coriander, leaves picked

1 Heat 1 tbsp oil in a large frying pan over a medium-high heat and fry the pumpkin for 12–15 mins, tossing regularly, until browned. Tip into a bowl and set aside to cool; cover.

2 Season the beef brisket all over and place in the frying pan, fat-side down, for 12 mins, turning occasionally, until browned all over. Transfer to a plate and set aside.

3 Reduce the heat to medium, add the remaining oil and fry the onions and pepper for 5 mins, stirring regularly to scrape up any beef fat, until golden and caramelised. Add the garlic, spices and tomato purée and cook for 2 mins. Pour in the vinegar and allow to mostly cook away for 1 min.

4 Tip into a 3.5ltr slow-cooker with the tinned tomatoes and stock. Add the brisket; cover and cook on low for 7 hrs.

5 Uncover the chilli and stir through the beans and pumpkin. Cover and cook for a further 1 hr 30 mins.

6 Shred the beef with 2 forks; season to taste. Serve with rice or baked potatoes and grated cheese, if you like, and scatter with the coriander to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1637kJ 394kcal	23g	9g	10g	0.7g
20%	33%	45%	11%	12%

of the reference intake. See page 5.
Carbohydrate 15g Protein 28g Fibre 5g



MEET THE GROWER



Tom Brown and his family at Oakley Farms in Wisbech, Cambridgeshire, have been growing pumpkins for more than 30 years.



'We grow our pumpkins in two ways: we either plant the seed directly into the ground, or we raise the seeds to plants in polytunnels and glasshouses, then plant out into the field. Pumpkins like warm weather when growing – they are part of the same family of fruit and veg as courgettes and melons, so hot weather in the summer helps them grow before harvesting starts in September.'

Pumpkins stop growing when they reach a certain size, then the plant dies back, leaving the fruit in the field. We've grown massive ones in the past!



Freezable savoury treat

PUMPKIN & BLUE CHEESE SCONES

Makes 8  

Takes 55 mins

Cost per serve 38p

250g pumpkin, peeled and cut into 1.5 cubes
1 tbsp olive oil
450g self-raising flour, plus extra for dusting
1 tsp baking powder
110g baking block, diced
10g fresh flat-leaf parsley, finely chopped
125g blue Stilton, crumbled
1 large egg
200ml milk

1 Preheat the oven to gas 6, 200°C, fan 180°C. Toss the pumpkin with the oil, season, then arrange in a single layer on a baking tray. Roast for 15–20 mins, tossing halfway, until tender.

2 Meanwhile, in a large bowl, whisk together the flour and baking powder to combine. Add the baking block and rub into the flour mix with your fingertips to form large, rough flakes.

3 Add the parsley, 75g Stilton and the roasted pumpkin. Beat the egg with the milk in a jug, then pour all but 2 tbsp into the bowl, mixing as you pour, to form a scruffy dough.

4 Tip out onto a lightly floured surface and knead briefly to bring together. Use your hands or a rolling pin to pat or roll the

dough to a thickness of about 3cm, then use a 7cm round cutter, dipped in flour, to cut out scones. Reroll the trimmings and repeat to make 8 scones. Place on a lined baking tray.

5 Brush the reserved milk mixture over the scones and crumble over the remaining Stilton, then bake for 20 mins until risen and golden. Transfer to a wire rack to cool slightly, then serve warm, or leave to cool completely and store in an airtight container for 2 days.

Each scone contains

Energy	Fat	Saturates	Sugars	Salt
1681kJ 402kcal	20g	9g	2g	1.2g
20%	28%	43%	2%	20%

of the reference intake. See page 5. Carbohydrate 44g Protein 12g Fibre 3g



MEET THE GROWER



James Simpson is commercial director at Adrian Scripps Ltd in Tonbridge, Kent – one of the UK's premier growers of English fruit.

'We harvest over 37 million apples every year. Our Gala apples for Tesco have a sweet flavour with aromatic overtones – growing in the northern hemisphere is perfect for achieving this flavour profile. We look for a bright, vibrant red stripe on the skin, with a subtle, pale yellow-green underlying colour. Great care is taken to select a sunny south-facing slope for the trees. Each tree is then hand-planted and, as it grows, branches are trained to a trellis to maximise the absorption of light.'

Gala works well on a cheeseboard, but I like to chill them and eat straight from the fridge for a refreshing snack

APPLE, RED ONION & MINT SLAW

Serves 4

Takes 20 mins

Cost per serve 49p

CLEVER SWAP Use up your leftover Halloween pumpkin seeds – just pat them dry before starting the recipe.

- 50g pumpkin seeds
- 1 tsp fennel seeds
- 2 tbsp olive oil, plus 1 tsp
- 1 red onion, finely sliced
- 3 Gala apples, cored and sliced into matchsticks
- 10g fresh mint, leaves picked and finely sliced
- ½ red chilli, finely sliced
- 2 tbsp cider vinegar

1 Preheat the oven to gas 6, 200°C, fan 180°C. Scatter the pumpkin and fennel seeds on a baking tray, season and drizzle over 1 tsp olive oil. Toss to coat, then roast for 5-10 mins until crispy and golden – there will be some popping in the oven as the seeds toast. Set aside to cool.

2 Meanwhile, put the red onion in a large serving bowl with the apples, mint and chilli. Drizzle over the vinegar and remaining olive oil, toss to coat and season to taste. Scatter over the crispy seeds to serve.



Each serving contains

Energy	Fat	Saturates	Sugars	Salt
841kJ 202kcal	14g	2g	10g	0.3g
10%	20%	11%	11%	4%

of the reference intake. See page 5.
Carbohydrate 13g Protein 5g Fibre 2g
1 of your 5-a-day; low in salt



APPLE & BLACKBERRY PIE

Serves 12  

Takes 1 hr 20 mins

Cost per serve 63p

butter, for greasing
50g plain flour, plus extra for dusting
150g light brown soft sugar
1 tsp ground cinnamon
8 Gala apples, peeled, cored and cut into 2cm chunks
250g blackberries
500g block shortcrust pastry
1 egg, beaten
1 tbsp demerara sugar
custard, cream or ice cream, to serve (optional)

1 Preheat the oven to gas 4, 180°C, fan 160°C and place a large baking tray inside to heat up. Grease a deep 26cm pie dish with butter. Mix the flour, soft brown sugar and cinnamon in a bowl. Add the apples and blackberries, then toss to thoroughly coat in the sugar mix.

2 On a lightly floured surface, roll out the pastry to a square roughly 0.5cm thick, 40cm big. Carefully transfer to the pie dish to line, pressing it into the edges. Trim the excess pastry, then brush the top edges with beaten egg. Fill with the fruit mixture.

3 Reroll the pastry cut-offs to 0.5cm thick, then cut 10 long strips roughly 1.5 x 30cm long. Lay 5 strips on top of the pie, then weave the remaining strips through to create a lattice top.

Brush with beaten egg and crimp to seal the edges.

4 Reroll the remaining pastry and use cutters or a sharp knife to make leaf decorations. Arrange around the rim of the pie, then brush with egg and sprinkle the pastry with demerara sugar. Place the pie dish on the preheated baking tray and bake for 45-55 mins until deep golden. Leave to stand for 30 mins to allow the juices to thicken, then serve with custard, cream or ice cream, if you like. Will keep in the fridge for up to 3 days.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1301kJ 310kcal	13g	5g	23g	0.3g
16%	19%	27%	25%	6%

of the reference intake. See page 5.
Carbohydrate 43g Protein 4g Fibre 2g

Cover
recipe

To create our cover, cut a spooky shape out of the rerolled pastry offcuts instead of weaving lattice strips.



DISCOVER ITALY'S BEST KEPT SECRET

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Serving suggestion.



Experience Fresh Filled Pasta
from *La Famiglia Rana* in the
fresh pasta aisle.

Available at **TESCO**

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LITTLE LUXURIES

Breakfasts made for quiet mornings, roasts for welcoming home loved ones... Why save your best when it's easy to make every day your Finest?

A GREAT START

When you've got ingredients this good, there's little you need to do to enjoy them. These eggs, with their pretty pastel blue shells and rich golden

yolks, come from selected trusted farms, where hens are free to roam. Simply boil them to runny perfection. And the toast? It's got to be sourdough with its soft texture and crunchy finish.

Tesco Finest White Sourdough Loaf
400g, £1.70

(43p/100g), is slowly proved to allow the flavour to develop and create its fluffy, open texture. Then it's expertly baked for the perfect crust.

It's all about the yolk – and **Tesco Finest 6 Free Range Bluebell Araucana Eggs**, £2.65 (44p each), are truly golden.

TESCO
finest ★



Tesco Finest Salt Aged Pork Loin Joint 1.025kg, £9.48 (£9.25/kg), is produced from prime British outdoor-bred pork. Try our flavour twist, opposite.

Add a little garlic butter to **Tesco Finest Sliced Cavolo Nero 200g, £1.50** (75p/100g), for an indulgent finish.



WOW-FACTOR ROAST

Who can say no to crispy crackling? This British outdoor-bred pork joint is rubbed with Himalayan rock salt and ready scored, with a natural layer of fat under the rind, for truly succulent results. All you need to do is pop it in the oven...

Try jewel-bright, sweet and crunchy **Tesco Finest Rainbow Carrots 450g*, £1.60** (36p/100g), in our simple recipe (far right).

TESCO
finest★

ROAST PORK LOIN WITH PERFECT CRACKLING

Serves 6

Takes 2 hrs 15 mins
plus drying

Cost per serve £2.16

FREEZE IT Freeze cooked pork for up to 3 months; defrost thoroughly. Use in stir-fries or ramens.

- 1 Tesco Finest Salt Aged Pork Loin Joint 1.025kg**
- 1 tbsp olive oil
- 2 red onions, each cut into 8 wedges
- 1 thyme sprig
- 500ml white wine
- 10g butter
- 10g flour
- 2 tsp Dijon mustard
- 1 rosemary sprig, to garnish (optional)
- For the rub**
- 1 tsp fennel seeds
- ½ tsp garlic seasoning
- ¼ tsp ground coriander
- 1 tsp chilli flakes (optional)
- 1 tsp freshly ground black pepper
- 1 tsp sea salt

1 At least 2 hrs before cooking (or the night before if you have time), remove the film from the pork packaging and use kitchen paper to pat the skin dry. Put in the fridge, uncovered, to dry out. About 30 mins before cooking, remove from the fridge and bring to room temperature. Preheat the oven gas 8, 230°C, fan 210°C.

2 Remove the rosemary sprig from the pork joint and set aside. Using a pestle and mortar, bash all the rub ingredients to a coarse salt rub. Smear the pork with the oil, then work the salt mix into the rind. Layer the onion wedges in a small, deep roasting tin with the thyme and the set aside rosemary sprig. Pour over 350ml of the wine, then nestle the pork on top and transfer to the oven.

3 After 45 mins, reduce the temperature to gas 3, 160°C, fan 140°C and cook for 1 hr more. If the crackling isn't crisp, grill the pork on medium-high for another 5-10 mins, checking regularly to make sure it doesn't burn.

4 Transfer the pork and onions to a board, then cover loosely with foil and rest for at least 10 mins before garnishing with a sprig of rosemary, if you like, and carving. Meanwhile, melt the butter in a small pan over a low heat, then stir in the flour. Add the Dijon, remaining wine and leftover liquid from the roasting tin into the pan, along with any resting juices; cook over a medium-high heat for 5-10 mins, stirring regularly, until slightly thickened and reduced. Strain into a jug and serve with the pork.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2220kJ 534kcal	35g	13g	2g	1.8g
27%	49%	66%	3%	30%

of the reference intake. See page 5.
Carbohydrate 6g Protein 34g Fibre 2g

GLAZED RAINBOW CARROTS WITH ROSEMARY GREMOLATA

Serves 6

Takes 20 mins

Cost per serve 86p

- 40g unsalted butter
- 1 orange, zested and juiced
- 2 tbsp maple syrup
- 450g pack Tesco Finest Rainbow Carrots, halved lengthways
- 1 lemon, zested and ½ juiced
- 1 large garlic clove, crushed
- 15g rosemary, finely chopped
- 30g pack flat-leaf parsley, finely chopped

1 Melt the butter in a large, lidded frying pan over a medium heat. Add the orange juice, maple syrup and a splash of water. Add the carrots, season well and toss to coat. Cover and cook for 15-16 mins until tender but still retaining some bite.

2 Meanwhile, make a gremolata by combining the lemon zest and half the juice with the orange zest, garlic and chopped herbs; season.

3 When the carrots are cooked, transfer to a serving dish, spooning over the juices and the gremolata to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
471kJ 113kcal	6g	4g	10g	0.2g
6%	9%	18%	11%	4%

of the reference intake. See page 5.
Carbohydrate 12g Protein 1g Fibre 4g
1 of your 5-a-day; high in fibre

There's always room for dessert...



Tesco Finest Billionaire's Cheesecake 500g, £4.75 (95p/100g), is an indulgent layered cheesecake with velvety salted caramel and rich chocolate ganache.

DRINK MATCH



A fruity, medium-bodied red wine like Tesco Finest Marlborough Pinot Noir, £9.50*, pairs perfectly with pork.

*Price excludes Scotland and Wales

be.drinkaware.co.uk

NIBBLES WITH FRIENDS

Cheese and wine always hit the spot for a relaxed get-together. The Gruyère melted on these flatbreads is made at a small Swiss mountain dairy, and is expertly matured for a full, fruity flavour. Pair with a Riesling from an award-winning Australian producer, where the grapes are managed under cool temperatures for a crisp finish.

SHARING GRUYÈRE
FLATBREADS

Serves 6

Takes 10 mins

Cost per serve 98p

Preheat the grill to medium-high. Put 2 x **Tesco Finest 2 Flame-Baked Flatbreads** on a baking sheet. Crush 2 **garlic cloves** and spread over the top. Scatter over 195g grated **Tesco Finest Reserve Swiss Gruyère**, leaving a small border. Sprinkle over 1 tsp **chilli flakes** and the leaves from 3-4 **thyme sprigs**. Grill for 3-4 mins until the cheese is bubbling. Spoon over 2 tbsp **Tesco Finest Spiced Apple & Pear Chutney**; slice and serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1012kJ 242kcal	13g	7g	4g	0.8g
12%	19%	33%	4%	14%

of the reference intake. See page 5.
Carbohydrate 18g Protein 12g Fibre 2g

Enjoy citrus notes with subtle hints of white pepper. **Tesco Finest Tingleup Riesling, £11***

The **Tesco Finest Reserve Swiss Gruyère 195g, £3.80 (£1.95/100g)**, melted on top is expertly matured for a full-bodied, nutty flavour.

Tesco Finest 2 Flame-Baked Flatbreads (£1.60 (80p each)), are cooked in a Tandoor-style oven so they bubble up to create pockets of crispness that beautifully contrast the soft centre.

TESCO
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eats.



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TESCO
Every little helps

Autumn retreat

Dial up the luxe factor for evenings with cosy cushions, scented candles and stylish lighting from Fox & Ivy



GREAT VALUE

Just one new lamp can instantly change the mood of a room. And the fine detail of this bubble lamp looks gorgeous, too

FOX & IVY
Exclusively for **TESCO**



Snug as a bug

Emphasise the cosy in 'me time' moments by turning any room into a sanctuary. Pick candles in calming scents and shop for personalised mugs to make tea breaks moments to savour. Switch up your bedding with new duvets and throws – this luxurious velvet set, designed exclusively for Fox & Ivy, features an art deco design that will give your bedroom a contemporary feel.

Fox & Ivy Mohair Cream Throw, £30;
Fox & Ivy Scented Candle 210g
in Winter Flowering Iris, £6



Top: 1 Fox & Ivy Pink Velour Deco Duvet Set Double £36; 2 Fox & Ivy My Favourite Mug and Best Person Ever Mug, £4 each

Left: 1 Fox & Ivy Bubble Glass Table Lamp, £35; 2 Fox & Ivy Cable Knit Cream Cushion, £9; 3 Fox & Ivy Hydrangea Printed Cushion, £12; 4 Fox & Ivy Embroidered Floral Pale Pink Cushion, £12; 5 Fox & Ivy Wooden Tripod Lamp, £35

GET THE LOOK

Reserve the best table every time, by using quality Fox & Ivy homeware – it's surprisingly affordable. Mix quality stoneware with rustic acacia wood and woven placemats to create texture, while the earthy tones make each piece versatile. Finish your table setting with a few autumnal touches to enjoy a luxe restaurant feel, whether you're having people over or just want to make midweek meals feel special.

1 Fox & Ivy Acacia 3-Bowl Serving Paddle, £12; 2 Fox & Ivy Muse Dinner Plate Pebble, £5; 3 Fox & Ivy Muse Pasta Bowl Pebble, £5.50



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What's for dinner?

It's 4pm. You don't know what you want to eat but it's got to be easy – and delicious. With stir-fries, meal kits, traybakes and roasts, there's an Easy to Cook meal in store for you

Easy to Cook
Steak
Sandwich
Meal Kit
530g, £8
(£1.51/100g)

We love....

...the new Steak Sandwich Meal Kit: everything you need to create dinner for two in under 10 minutes.

1 FRY YOUR STEAK

The two steaks are 21-day matured for tenderness and maximum flavour. Pan-fry according to the pack instructions.

warm in the oven. Drizzle on the honey and onion mayo that's in the pack.

2 TOAST THE ROLL

While your steaks are resting, cut the ciabatta rolls in half and toast them lightly on each side, or

3 HEAT THE GRAVY

Warm through the beef dripping gravy – included in the kit – in a pan. Pour over the steaks, or dunk your steak sarnie directly in it and enjoy!

GIVE ME MORE!

Discover the new Easy to Cook range in store and online. As well as a variety of meal kits, there are stir-fries, traybakes, ready-to-roasts, and slow-cooked meats.

Quality
in every
bite!

Keep the purr coming everyday



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While stock lasts. Available in the majority of larger stores.

Available at **TESCO**

FRIGHT CLUB

Gather your ghouls for a fun family Halloween, with tricks and treats for everyone. Enter if you dare...

GREAT VALUE

Versatile decorations and costumes to spook up your space, from as little as £1.



1 Bloody Hand Window Stickers, £2; 2 Talking Mirror, £15; 3 Large Light-Up Pumpkin, £6; 4 Light-Up Skull, £5; 5 Interactive Crystal Ball, £18; 6 Large Orange Fabric Pumpkin, £7; 7 Bat Costume ages 1-2 to 3-4, £13; 8 Rainbow Witch Costume ages 1-2 to 11-12, £9; 9 Giant Honeycomb Spider, £5; 10 Bat and Gauze Decoration Set, £3; 11 Skeleton, £3.50; 12 Black Light-Up Lantern, £8; 13 Witches Legs Bopper, £3; 14 Pumpkins, from a selection, see in store for details All items are available in store only

MONSTER PARTY IDEAS

Decorate the table for less with napkins, plates and more

1 Neon Pumpkin Light, £8; 2 Tealights 2-pack, £1;
3 Tumblers 6-pack, £2.50; 4 Character Plates
10-pack, £2.50; 5 Warning Tape 3-pack, £1; 6 Bat &
Gauze Decoration Set, £3; 7 Black and White Mini
Pumpkins 4-pack, £4; 8 Spider 4-pack, £3; 9 Large
White Crackle Pumpkin, £6; 10 Character Napkins
20-pack, £1.50; 11 Halloween Crackers, £3.50

All items are available in store only



Kids will love to decorate

29p
per biscuit

Glowing
gingerbread
pumpkins
p38

3 of the best... Tricks for treats



1 Show off your bakes on this Halloween 2-Tier Cake Stand, £3.



2 Give your cakes the spook factor with a Character Cupcake Set, £2.



3 Character Loot Pot Assortment, 75p – perfect for trick or treaters.

All items are available in store only



GLOWING GINGERBREAD PUMPKINS

Makes 12 freeze
dough only

Takes 1 hr 15 mins plus
chilling and drying

Cost per biscuit 29p

FREEZE IT Leftover
gingerbread can be
wrapped up and frozen
for up to 3 months.

225g pack gingerbread
mix
40g butter
30g golden syrup
flour, for dusting
15 orange boiled sweets,
or a mixture of orange
and yellow
40g ready-to-roll
green icing
3 tbsp icing sugar
1 tube orange writing
icing, from a 76g pack

1 Line 2 baking sheets with nonstick baking
paper. Make up the gingerbread mix to
pack instructions using the butter and
golden syrup.

2 Roll out the dough on a lightly floured
surface to about 5mm thick. Cut out
rounds using cutters between 7.5–9cm
(you can use a mix).

3 Squash the circles into slightly flatter
pumpkin shapes, then pinch some of
the dough at the top into a stalk.
4 Arrange the biscuits on the prepared
trays. Use a small, sharp knife to cut
away segments of dough from the
rounds to mimic the shape of a pumpkin.
Reroll any scraps of dough to make
more biscuits.

5 Put the boiled sweets in a food bag
and use a rolling pin to bash into pieces
just small enough to fit in the cut-out
holes. Avoid making the pieces too small
– slightly larger pieces will be less fiddly
to work with. Scatter a generous layer
into the holes in the dough, then freeze
the trays for 45 mins. Preheat the oven
to gas 4, 180°C, fan 160°C.

6 Bake the biscuits for 5–7 mins until
sandy to the touch and the sweets
have melted.

7 Meanwhile, make small leaves using the
green icing. Squash and pinch small pieces
of icing with your fingers to make leaves,
or thinly roll out and cut out leaf shapes
with a knife. Mix drops of water into the
icing sugar until you have a glue-like
consistency, then use to stick the leaves
to the cooled biscuits. Add extra pumpkin
details with the orange writing icing, then
leave the biscuits to dry before stacking in an
airtight container for 1–2 weeks.

Each gingerbread contains

Energy	Fat	Saturates	Sugars	Salt
686kJ 162kcal	3g	2g	18g	0.2g
8%	5%	9%	20%	3%

of the reference intake. See page 5.
Carbohydrate 32g Protein 2g Fibre 1g

CRISPY BAT WING CHICKEN TACOS

Serves 4 freeze

chicken only

Takes 50 mins

Cost per serve £2

GET AHEAD Bake the
taco bowls up to 2 days
ahead and store in an
airtight container to
keep crisp.

COOK'S TIP Cut the
wrap trimmings into
pieces, brush with oil,
sprinkle with salt and
chilli powder, then bake
to create tortilla chips.

4 large wholemeal wraps
6 tsp olive oil
400g pack diced chicken
breast

1 tbsp tomato purée
with garlic

½ tsp dried mixed herbs
½ tsp smoked paprika,
plus extra pinches
to serve (optional)

150g roasted red
peppers (from a jar),
chopped into small
chunks

50g pitted black olives,
halved

1 Little Gem lettuce, torn
6 tbsp soured cream or
half-fat crème fraîche
red and green chillies,
thinly sliced (optional)

1 Preheat the oven to gas 4,
180°C, fan 160°C. Cut a circle of
baking paper the same size as
your wraps, fold it in half and
draw half a bat template onto it
that fills as much of the space as
possible – make the 'body' wider
than you think it should be, as
this will compensate for the
'bend' once baked and remain in
proportion. Cut out, unfold the
paper, then use as a guide to cut
a bat shape out of each wrap
with kitchen scissors.

2 Use 4 tsp oil to brush over both
sides of each wrap, then arrange
in ovenproof pudding basins or
small cake tins to create gentle
bowl shapes. Bake for 7–10 mins
until mostly crisp, then transfer
to baking sheets (using crumpled
foil to support the wings if
needed) and bake for another
2–4 mins to crisp up all over.

3 Heat the remaining 2 tsp oil in a
large frying pan over a medium-
high heat and fry the chicken for
3 mins or until browned all over.
Mix the tomato purée with 3 tbsp
water, the dried herbs and
paprika, then stir through the
chicken with the peppers and
olives. Cook for another 3–4 mins
until the chicken is cooked
through; season.

4 Divide the lettuce between
the taco bowls, then spoon
in the chicken mixture. Top each
with a dollop of soured cream,
plus a pinch more paprika and
a sprinkling of sliced chillies,
if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1694kJ 405kcal	19g	6g	7g	1.7g
20%	27%	29%	7%	28%

of the reference intake. See page 5.
Carbohydrate 27g Protein 30g Fibre 5g
Low in sugar; high in protein



Freeze the filling for another day

Crispy bat wing
chicken tacos
p38



Well slap me
silly with
a Rocket



Chill. Phone bills stay frozen
with Clubcard Prices.

This is Supermarket Mobile



DRINK MATCH



This dark and rich wine boasts juicy black fruit flavours, savoury spices and a chocolate finish.
Tesco Finest Montepulciano d'Abruzzo, £7.50*

*Price excludes Scotland and Wales
 be drinkaware.co.uk

HALLOWEEN BAKED CAMEMBERT

Serves 12

Takes 25 mins
 plus chilling

Cost per serve 38p

320g pack reduced-fat ready-rolled puff pastry
 1 medium egg, beaten
 250g pack round Camembert
 2 edible eyes
 crackers and breadsticks (optional)

Unroll the pastry and cut off two-thirds. Roll a little thinner so it is big enough to wrap up the cheese, then brush with egg. Sit the Camembert in the middle; wrap the pastry up and over the sides of the cheese and pinch together firmly to seal. Turn over so the neat side is the top. Cut the remaining pastry into strips, brush with egg, then wrap and stick these around the top and sides for a 'mummy' effect. Cover and chill for 20 mins. Preheat the oven to gas 7, 220°C, fan 200°C. Brush the pastry with more beaten egg and bake for 20-25 mins until golden. Decorate the baked cheese with edible eyes and serve with a selection of crackers and breadsticks, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
492kJ 118kcal	7g	4g	<1g	0.4g
6%	10%	22%	0%	6%

of the reference intake. See page 5.
 Carbohydrate 7g Protein 5g Fibre 1g

No special stencils needed!

3 steps to a... great cheeseboard

- 1 Pick a range of cheeses for variety – from soft and strong Stilton, to hard and salty Cheddar.
- 2 Create an antipasti platter with a selection of sweet and savoury items such as grapes, olives, cornichons and mixed charcuterie.
- 3 Use what you have! Crusty bread and breadsticks work just as well as crackers.

GHOST TOAST

Serves 2 **DF**

Takes 15 mins

Cost per serve 24p

GET AHEAD The sandwich can be assembled ahead of time and just grilled to finish.

- 2 slices white thick-sliced toastie bread
- 6 squares classic dark chocolate (about 45g)
- 4 white marshmallows, halved

1 Cut a ghost shape out of kitchen foil to fit onto a slice of the bread. Preheat the grill to high and lightly toast 1 bread slice on a baking tray. Remove from under the grill, then flip the bread slice over. Top with 4 chocolate squares and marshmallow halves and sandwich with the untoasted bread. Gently melt the remaining chocolate in the microwave.

2 Sit the foil ghost on top of the sandwich as flatly as possible (stick down with a few drops of water if needed), then grill for

2-4 mins until the exposed bread is toasted mid-dark brown. The chocolate and marshmallows should be melted, but if not, microwave the sandwich for 20-30 secs. Dip a cocktail stick in the melted chocolate (or transfer to a small piping bag) and use to draw eyes and a spooky mouth to finish.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1143kJ 272kcal	8g	5g	18g	0.5g
14%	12%	24%	19%	8%

of the reference intake. See page 5.
Carbohydrate 41g Protein 6g Fibre 4g



24p
per serve

GIVE ME MORE!

Scan this QR code to find lots more spook-tacular Halloween recipes on Tesco Real Food.



Experiment with different sweet fillings

New

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Only at **TESCO**

Sparklers at the ready

These favourite Bonfire Night recipes will make your evening go off with a bang



25p
per serve

Easy portable treat

POPCORN HONEYCOMB

Serves 16

Takes 25 mins plus setting

Cost per serve 25p

vegetable oil, for greasing
40g salted popcorn
300g caster sugar
150g golden syrup
1 tbsp bicarbonate of soda
2 x 100g bars classic dark chocolate, broken into small pieces

1 Grease and line a 20cm square tin with nonstick baking paper. Scatter half the popcorn over the base of the tin.

2 Put the sugar and golden syrup in a large saucepan over a low heat and cook, stirring, until melted – don't let it boil. Once melted, increase the heat to medium-high and cook for another 2–3 mins until deep amber.

3 Remove from the heat and quickly whisk through the bicarbonate of soda until just incorporated (don't overmix), then quickly tip into the prepared tin over the popcorn. Scatter over the remaining popcorn and set aside for 1–1½ hrs to cool and set. It will continue to bubble and sink a little as it cools.

4 When the honeycomb is set, melt the chocolate in a heatproof bowl set over (not touching) a pan of barely simmering water. Break the honeycomb into shards, then dip half of each piece into the melted chocolate. Transfer to a sheet of baking paper to set. Will keep for up to a week in an airtight container.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
808kJ 192kcal	7g	3g	29g	0.9g
10%	9%	16%	33%	14%

of the reference intake. See page 5.
Carbohydrate 31g Protein 1g Fibre 2g



ELLI DONAJGRODZKI
SENIOR
FOOD EDITOR

‘Both of these recipes will hit the spot on Bonfire Night! Improve homemade honeycomb even more by including popcorn and chocolate

‘And, as a Yorkshire lass, classic parkin cake is a family staple at this time of year, so I love to give it a toffee apple spin for extra sparkle.’

TOFFEE APPLE TRAYBAKE (PARKIN)

Serves 12

Takes 1 hr 20 mins plus cooling

Cost per serve 44p

200g baking spread, plus extra for greasing

175g golden syrup

50g treacle

175g dark brown soft sugar

4 Granny Smith apples

200g self-raising flour

125g rolled oats

2 tbsp ground ginger

2 tsp mixed spice

2 medium eggs, beaten

12 toffees (about 100g), quartered

3 balls stem ginger, finely chopped, plus 1 tbsp syrup from the jar

1 Preheat the oven to gas 3, 160°C, fan 140°C, and grease and line a deep 20 x 30cm baking tin with nonstick baking paper. Put the spread, syrup, treacle and sugar in a pan and melt over a medium heat, stirring occasionally. Meanwhile, peel the apples, then chop 2 into roughly 1cm chunks; set aside. Halve the remaining apples, core and thinly slice, keeping each half together once sliced.

2 Mix the flour, oats and spices in a large bowl. Stir through the melted baking spread mixture and the chopped apples, then add the eggs, toffees and chopped ginger with a pinch of salt. Mix until well combined, then pour into the tin.

3 Fan out each sliced apple half and arrange on top of the batter, so the slices are

spread out but still touching. Bake for 50–55 mins until a skewer inserted into the centre comes out clean. Leave to cool in the tin for 10 mins, then transfer to a wire rack to cool completely and brush the apple slices with the stem ginger syrup. Will keep in an airtight container for 3–4 days.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1685kJ 401kcal	16g	4g	38g	0.6g
20%	22%	21%	42%	10%

of the reference intake. See page 5.
Carbohydrate 59g Protein 4g Fibre 3g

44p
per serve



YUMMY



Squeeze
in more
Flavour

Available in the majority of larger stores.

Available at **TESCO**

SMOKY SAUSAGE TRAYBAKE

Serves 4

Takes 1 hr 5 mins

Cost per serve £1.38



STUART MEARNS
TESCO MAGAZINE
READER

'This spicy traybake is a favourite in our house. It's ideal for bonfire party get-togethers as it can be prepared in a flash.'

- 3 medium baking potatoes (about 700g), cut into chunks
- 3 tbsp vegetable oil
- 1 tsp each black peppercorns, cumin seeds, coriander seeds and mustard seeds
- 2 tsp smoked paprika
- ¼ tsp cayenne pepper
- 3 garlic cloves, crushed
- 454g pack Cumberland sausages
- 1 cauliflower (about 800g), trimmed and cut into florets
- 75g spring onions, trimmed, 2 finely sliced
- 180g pack curly kale
- ½-1 red chilli, to taste, deseeded and finely chopped (optional)
- 1 lemon, cut into wedges (optional)

1 Preheat the oven to gas 7, 220°C, fan 200°C. Put the potatoes in a large roasting tin, drizzle over 1 tbsp oil and season. Toss to coat, then roast for 20-25 mins until softened and turning golden.

2 Meanwhile, toast the peppercorns, cumin seeds, coriander seeds and mustard seeds in a small frying pan over a medium-high heat for 2 mins or until aromatic. Use a pestle and mortar or a spice grinder to grind until fine. Transfer to a small bowl and mix with the remaining spices, the garlic and 1½ tbsp oil.

3 Add the sausages, cauliflower and spice mix to the tin. Season and carefully toss everything together to coat in the spices. Return to the oven for 10 mins. Add the whole spring onions to the tin and roast for a further 15 mins or until all the vegetables are tender and golden brown.

4 Set the sausages aside, then add the kale and drizzle with the remaining ½ tbsp oil. Carefully toss everything together,

then return the sausages to the tin and nestle them in among the veg. Return to the oven for a further 8-10 mins until the kale is tender and turning crispy. Garnish with the sliced spring onions, and chilli and lemon wedges, if you like, to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2690kJ 644kcal	38g	9g	10g	1.5g
32%	54%	45%	11%	24%

of the reference intake. See page 5.
Carbohydrate 47g Protein 24g Fibre 10g

£1.38
per serve

Make bangers special





LUCY MAY
SENIOR ACCOUNT
MANAGER

‘My twins’ birthdays are 6 November, so there’s always a fireworks party to celebrate. These warming recipes are perfect to make ahead, and are always winners with kids and adults alike.’

HELP-YOURSELF JACKET POTATOES

Makes as many as you like!   



Takes 1 hr 10 mins

TWO EASY STEPS Make these perfect jackets, then see p49 for our DIY filling ideas.

For the perfect jacket, preheat the oven to gas 7, 220°C, fan 200°C. Cut deep crosses into your **baking potatoes**, then arrange on a wide baking tray. Drizzle with **vegetable oil**, season and roast for 1 hr–1 hr 10 mins until tender, golden brown and crispy all over. Serve with Slow-cooked firecracker pulled pork or Smoky beans (p49) and garnish as you like. We topped ours with **soured cream**, roughly chopped **fresh coriander** and a pinch of **crushed chillies**.



SLOW-COOKED FIRECRACKER PULLED PORK

Serves 6 with leftovers
(2 portions)  

Takes 8½ hrs

Cost per serve £1.46

CLEVER SWAP No slow-cooker? Make this in the oven by following the recipe to the end of step 2, then put all the ingredients in a large lidded casserole dish and bring to a simmer. Cook, covered, in the oven at gas 3, 160°C, fan 140°C for 4–6 hrs or until the pork is tender and falling apart, then continue from step 4.

- 1 tbsp olive oil
- 1.8kg pork shoulder joint, skin and excess fat removed
- 200g passata
- ½ chicken stock cube, made up to 200ml
- 3 tbsp chipotle paste
- 1 tbsp smoked paprika
- 2 tbsp treacle
- 1½ tbsp dark brown soft sugar
- 3 tbsp red wine vinegar
- 2 tsp English mustard
- 2 tbsp Worcestershire sauce
- 4 garlic cloves, crushed
- 4 fresh thyme sprigs, leaves picked and roughly chopped
- 2 red onions, thinly sliced

1 Heat the oil in a wide frying pan over a high heat and fry the pork for 4–5 mins each side until browned all over.

2 Meanwhile, mix all the other ingredients, apart from the onions, in a large jug or bowl.

3 Arrange the onions over the bottom of a 3.5ltr slow-cooker, then top with the browned pork. Pour over the passata mixture, cover and cook on low for 8 hrs or until the pork is completely tender and falling apart.

4 Carefully transfer the pork from the slow-cooker to a large chopping board or plate and set aside to rest. If your slow-cooker pot is hob-safe, transfer it to the hob; otherwise tip the liquid into a saucepan. Bring to the boil, then simmer for 10 mins or until thickened; remove the thyme stalks. Use 2 forks to shred the pork, then add back into the thickened sauce. Can be made up to 2 days ahead.

Each serving (8) contains

Energy	Fat	Saturates	Sugars	Salt
1302kJ 311kcal	15g	5g	9g	1.3g
16%	21%	23%	10%	21%

of the reference intake. See page 5.
Carbohydrate 10g Protein 33g Fibre 1g
Low in sugar; high in protein

DRINK MATCH



The chocolate, berry and plum notes of **Tesco Finest Carmenere, £9***, are perfect for this Bonfire Night menu.

*Price excludes Scotland and Wales
be drinkaware.co.uk

SMOKY BEANS

Serves 6  

Takes 15 mins

Cost per serve 82p

- 1 tbsp olive oil
- 2 red onions, finely diced
- 3 garlic cloves, crushed
- 1 tbsp each ground cumin and smoked paprika

- ¼–½ tsp hot chilli powder, to taste
- 2 tbsp tomato purée
- 3 x 400g tins three bean salad in water
- 1 tbsp light brown soft sugar
- 1 tbsp light soy sauce
- 2 tsp dried oregano
- 2 limes, juiced

1 Heat the oil in a large saucepan over a medium-high heat and cook the onions with a pinch of salt for 2 mins or until starting to soften. Add the garlic, cumin, paprika, chilli powder and tomato purée and cook, stirring, for a further 2 mins, then add the beans with all their liquid.

2 Add 50ml water, the sugar, soy sauce and oregano. Bring to a simmer, then cook over a medium heat for 3–4 mins until thickened. Remove from the heat, stir through the lime juice, then taste and adjust the seasoning as needed. Can be made up to 3 days ahead.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
726kJ 174kcal	4g	1g	5g	0.6g
9%	5%	3%	6%	9%

of the reference intake. See page 5.
Carbohydrate 21g Protein 9g Fibre 10g
Low in fat; low in sugar; high in fibre

The look of luxe

Elevate your autumn wardrobe with modern classics and stylish layers you'll wear for years to come

THE TRANSITIONAL TRENCH TO TAKE YOU INTO WINTER

The cropped silhouette of this mac makes it more wearable during unpredictable autumn weather. It's water-resistant too.

This page:
Short trench in neutral, £39.50;
straight jeans in lightwash blue, £19.50
Opposite: Faux shearling aviator jacket in black, £39
Opposite top right:
Rib turtleneck striped top, £10

F&F

The brand-new F&F range celebrates neutral tones and timeless silhouettes to help you mix, match and layer with clothes you already own. It's all about smart shopping, choosing versatile pieces that can

be worn across seasons and styled in lots of different ways that work for you. With fresh tailoring and modern cuts on classics like the cropped trench (left), these key pieces will revitalise your wardrobe.

THE 'GOES WITH EVERYTHING' COAT

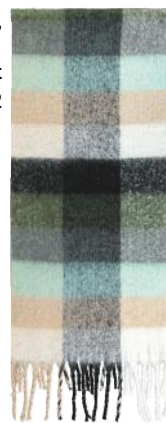
With its flattering high neck and fluffy faux shearling lining, this aviator-style jacket will keep you warm – and stylish – as the temperature drops.

LOVE TO LAYER



Go for comfort with style in this long-sleeved rib turtleneck striped top (above). Dress it up with a blazer or keep it casual with a gilet. And it wouldn't be autumn without a scarf!

Large heavyweight check scarf, £12



Gilet, £45



Collarless bouclé blazer in black, £39.50

Friday's here...

Indulge your friends with this rich sharing dish and a bold, smoky whisky



SMOKED MACKEREL PÂTÉ TOASTS

Serves 6 Takes 20 mins

MAKE AHEAD Prep the pâté up to a day before and keep in the fridge in an airtight container.

- 200g smoked mackerel, skin removed
- 2 lemons, 1 zested and juiced, 1 cut into wedges to serve
- 200g soft cheese
- 10g each fresh parsley, mint and dill, finely chopped, plus a few leaves to garnish
- 2 Tesco Finest Flame-Baked Flatbread
- 4 baby pickled beetroot, sliced
- 2 tbsp sliced, pickled green jalapeño peppers, (optional)

- 1 Flake the mackerel into large chunks in a bowl. Pour over the lemon juice and most of the zest. Stir in the soft cheese and herbs; mix gently to combine. Season well with black pepper.
- 2 Set a griddle pan over a medium-high heat. Griddle the flatbreads for 2 mins each side; use a pan lid to weigh them down to toast better.
- 3 To serve, slice the bread into triangles and serve on a platter with the pâté and beetroot. Garnish with herbs and the remaining lemon zest, and serve with sliced jalapeños and lemon wedges, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1288kJ 309kcal	21g	9g	3g	1.2g
15%	29%	43%	3%	20%

of the reference intake. See page 5.
Carbohydrate 18g Protein 12g Fibre 2g

PAIR WITH...

The unique flavour of Laphroaig 10 Year Old Single Malt Whisky 70cl, £39* (£55.71/ltr), is centred on peat, fire and salt. Pour 25ml Laphroaig over ice and top with 150ml ginger ale.

GIVE ME MORE!

Find recipes for Glazed pork belly bites and Spiced chocolate discs at tesco.co.uk/laphroaig.



Festive Food To Order

Get ahead of the game with everything you need for seasonal entertaining

For the most rewarding way to plan and shop your Christmas menu, look no further than the Tesco Festive Food To Order service. Take your time browsing the range from the comfort of your own home, then order online at your convenience and have the lot delivered to your door. You deserve to relax and enjoy the whole of the festive season, knowing you've got things all wrapped up. You'll earn Clubcard points on everything you spend*, and did we mention that you'll also get to enjoy Clubcard prices on a large number of festive items**?

More choice than ever

This year's Festive Food To Order range is bigger than ever. There are turkeys to suit all occasions, alternative centrepieces and, of course, all the trimmings. It's not all about Christmas, though: find treats for Boxing Day, plus ideas for parties, from show-stopping desserts to ready-to-go buffet food that takes the hassle out of hosting.

Everything offers brilliant value, from great prices to time-saving, ready-prepped dishes. And these are quality products you can trust to make this Christmas your most rewarding ever.



HOW TO ORDER

1. BROWSE the complete range of Christmas food products at [tesco.com/festive-food](https://www.tesco.com/festive-food). Or pick up a Festive Food To Order brochure in selected stores.

2. CHOOSE YOUR SLOT and have your order delivered straight to your door, or pick it up via Click+Collect. Delivery Saver customers can order

from 6am on 7 November; all other customers can order from 6am on 21 November.

3. FILL YOUR BASKET online with all the items you want to make your Christmas special. Festive Food products must be confirmed by 11.45pm on 14 December, but you can still amend or add other products to your order up until 11.45pm the day before your delivery or collection. To secure your delivery slot, check out within two hours of selecting it.

4. DELIVERY Online orders will be delivered to your home between 20 and 23 December (selected stores 24 December) and Click+Collect orders can be collected between 20 and 23 December.





EXPERIENCING SENSITIVE SKIN?

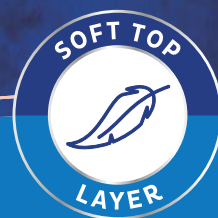
You are not alone.

LET'S MAKE THIS THE

#LASTLONELYMENOPAUSE



Scan to learn more



BE KIND TO YOUR SKIN. TRY TENA TODAY.

Available at **TESCO**

Christmas planners & savers

It's never too early to start prepping. Practical tips, shopping lists and checklists will help make things easier on you – and your bank balance

GET-AHEAD SHOPPING LIST

Christmas dinner wouldn't be complete without some tangy cranberry sauce. Add a few long-life festive products to your basket over the next few months.

CONDIMENTS & PICKLES

Perk up those leftovers with this all-star lineup

The juicy cranberries in **Tesco Finest Cranberry Sauce 220g, £1.90** (86p/100g), are cooked slowly with lingonberries to create this flavourful accompaniment that's perfect with traditional turkey or a nut roast.

Try jars of **Pickled Red Cabbage 340g, £1.10** (32p/100g); **Cornichons With Chilli 340g, £1.45**, (43p/100g); and **Sweet Piccalilli 350g, £1.30** (37p/100g), with bubble and squeak or cold meats to add a little zing. Top off the ultimate cheeseboard with **Tesco Finest Red Onion Chutney 230g, £1.70** (74p/100g), and **Pickled Silverskin Onions 440g, 90p** (20p/100g).

CHRISTMAS HEROES

Don't forget the small but mighty ingredients

Wholegrain mustard is great for using as a flavourful rub or serving alongside Christmas dinner, and can be stirred through creamy mash for an extra kick. Also perfect for leftover suppers.

Cornflour is a versatile ingredient to have to hand – from helping you make your roasties super crunchily to acting as a fuss-free custard or gravy thickener.

Gravy granules come to the rescue when you've run out of time to make a gravy from scratch – or want to make life a little easier. They're the ultimate comfort blanket, also great for thickening and adding depth of flavour to stews and soups.

GET-AHEAD MAKE & FREEZE

Keep costs and stress down to a minimum with these freeze-ahead ideas. Use the recipe titles to search for the full method on Tesco Real Food, at [tesco.com/realfood](https://www.tesco.com/realfood)

STARTERS

Soup and pâté freeze well. Try our recipe for Roasted tomato & caraway soup or Vegan & gluten-free mushroom pâté. Defrost overnight in the fridge before serving.

or a parfait or terrine such as Pistachio & Turkish delight ice cream terrine. Or make a refreshing sorbet such as Prosecco & tangerine.

CAKES

Depending on the recipe you use, a fruitcake like the Classic Christmas cake can last up to 3 months. Prefer a spiced sponge cake? Our Naked gingerbread wreath cake can be frozen. Defrost at room

temperature when you are ready to ice it. Find the recipes at [tesco.com/realfood](https://www.tesco.com/realfood) or scan the QR code on p56 for more Christmas tips.

THE MAIN EVENT

Many vegetarian mains can be frozen: our Sweet potato, chestnut & Stilton Wellington, and Nut roast can be made up to 3 months in advance and frozen.

SIDES

Great side dishes for freezing include Potato dauphinoise (look for How to version online), Carrot & swede mash, and Spiced braised red cabbage with apple.

DESSERTS

A homemade ice cream will make for the best fuss-free dessert. Try Blackberry & lemon cheesecake ice cream

SPACE SAVER GUIDE

Make room for the festive season with these tips and tricks

✓ Stack spices

Those spice jars may be small but they take up valuable cupboard space. Invest in a spice rack to stack them compactly, leaving room for taller items.

✓ Have a tidy-up

Clear out items lurking in the back of the cupboard that are past their use-by dates. Stack casserole dishes and pans where possible to create more space.

✓ Refresh tea towels

These can get worn over time, so take them to your local recycling point. Then treat yourself to some festive new ones ready for Christmas.

CALLING ALL FESTIVE RECIPE PLANNERS!

We've highlighted recipes in this issue that, while great to cook and enjoy right now, are also ideal to use at Christmas. Try them out in the upcoming months for the smoothest festive season ever!

FOR DELICIOUS

DESSERTS

...to enjoy with family and friends, try:

Filo-wrapped baked pears, p60

Espresso Martini chocolate mousse, p62

Spiced Basque cheesecake with plum & blackberry compote, p60

FOR THOSE

IN-BETWEEN DAYS

...these will hit the spot:

Slow-cooker pumpkin & beef brisket chilli, p20

Pumpkin & blue cheese scones, p21

Apple, red onion & mint slaw, p22

Apple & blackberry pie, p23

A CHRISTMAS HAMPER AT HOME

From brightening up shopping days to the big day itself, a few everyday items with a mini price tag but maxi luxe factor can really get that festive feeling going.

MARMALADES AND JAMS served on crusty toast can make even the simplest of breakfasts special. Try **Tesco Finest Dark Seville Orange Marmalade 340g, £1.80** (53p/100g).

SPECIALITY TEAS AND COFFEES are great to have to hand for daytime guests

when it may be a bit early to pop the cork! And, of course, they can be enjoyed throughout the year. A couple of our favourites include **Tesco Finest Vanilla Chai 50 Tea Bags 125g, £1.70** (£1.36/100g), and **Tesco Finest Morning Ritual Ground Coffee 227g, £3.90** (£1.72/100g).

LAST CALL FOR A FESTIVE BONUS!

Who wouldn't say yes to a little help in paying for their Christmas shop? Well, don't miss your chance to join the Clubcard Christmas Savers scheme and let Tesco help you.

Sign up now, top up your account by paying in over £25, and you'll get a £1.50 bonus; top up over £50 and you'll receive a £3 bonus, and so on up to £200 where you'll receive the maximum £12 bonus*. You've got until 18 October to join the scheme and top up at the Customer Service desks in larger stores, so don't delay.

PLAN FOR 2024

The scheme will restart in 2024 and the earlier you sign up, the bigger the savings. Tesco will look after all the Clubcard vouchers you collect during the year, then send them all to you in your November statement - just in time for your Christmas big shop. Plus, you'll have more time to top up for a bigger bonus, resulting in a welcome helping hand next Christmas. Find full details and sign up at tesco.co.uk/christmassavers.

Make sure you opt in before 18 October, so you can earn a bonus.



GIVE ME MORE!

Scan this QR code for more helpful festive planning tips on Tesco Real Food.



WORDS ANGELA ROMEY PHOTOGRAPHY TOM REGESTER FOOD STYLING MIMA SINCLAIR PROP STYLING VICTORIA ELDRIDGE
Christmas 2023 final opt-in and top-up date is 18 October 2023 to receive your savings in November. £360 max cash top-up per year. £12 max top-up bonus per year. To top up, visit the Customer Service Desks in large stores only. Clubcard vouchers and top-up vouchers are valid for 2 years; bonus vouchers are valid for 2 months. Visit tesco.com/clubcard/christmas-savers for more info and full terms and conditions

WIN A GUINNESS CHRISTMAS JUMPER*



GUINNESS

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ALCOHOL FREE STOUT 10X440ML**

**TEXT JUMPER,
YOUR FULL NAME &
POSTCODE TO 60110**

by 11.59pm on 6/11/23

Texts charged at your standard network rate. Please retain receipt.
Internet access required for upload.



PLEASE DRINK RESPONSIBLY | for the facts [drinkaware.co.uk](https://www.drinkaware.co.uk)

Opens 00:00 10/10/23. Closes 11:59pm 6/11/23. UK 18+ only. 500 winners randomly drawn each win a Guinness Limited Edition Christmas Jumper, in either size S, M, L or XL. Sizes are subject to availability and there is no guarantee of size; in the event a requested size is not available, the next available size shall be provided. 1 entry per person. Standard rate text charges apply. Texts may fall outside any text inclusive packages. Check with your network provider. Full terms and conditions at <https://tesco.com/tesco-competitions/>. Promoter: Tesco Stores Ltd. Supplier: Diageo. Administrator: Prizeology Limited.

Only for **TESCO**

New

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Enjoy a Moment of Delight



Available in the majority of larger stores.

Available at **TESCO**

Grand finale

Take cheesecake up a level, turbocharge chocolate mousse and give pears the five-star treatment with these retro puds

A fancier way to do baked fruit

Filo-wrapped pears p60



FILO-WRAPPED PEARS

Serves 4

Takes 1 hr 10 mins

Cost per serve £1.32

CLEVER SWAP If you don't have an apple corer, use a small paring knife. This will leave a conical rather than round hole in the pear, so you'll only need around half the filling – or replace the fruit mix with a piece of chocolate.

- 4 ripe Conference pears, peeled
- 250g pack filo pastry
- 60g butter, melted
- 1 egg, beaten
- Tesco Finest custard, to serve (optional)
- For the filling**
- 60g dried fruit and nut mix, nuts finely chopped
- 2 tbsp light brown soft sugar
- ½ tsp ground ginger
- ½ tsp ground cinnamon

- 1 Preheat the oven to gas 6, 200°C, fan 180°C. Line a baking tray with baking paper. Put the filling ingredients in a bowl and mix well; set aside.
- 2 Take a small slice from the base of each pear so they can stand steadily. Insert an apple corer (see tip, left) into the base of each pear to cut around the core, then insert the loop end of a metal skewer to remove it.
- 3 Cut 4 x 5cm squares from a sheet of filo pastry. Stuff the filling into the pears, then screw each pastry square into a ball and use as plugs to keep the filling inside.
- 4 Working one at a time, brush a sheet of filo with melted butter, stand a pear in the middle and pull up the sides of the pastry, twisting it gently around the pear. Press to secure, then repeat with a second pastry sheet and a little more butter.
- 5 Take a third pastry sheet and, with the longest side facing you, cut vertically into 6 x 5cm strips with kitchen scissors. Brush each with butter, then fold in half lengthways to sandwich the butter in the middle.
- 6 Starting at the top of one of the pears, wrap a strip (with the fold facing upwards) around it, securing with a dab of melted butter, and working down to the base and trimming the strips if needed. Brush the whole pear with beaten egg and carefully transfer to the lined baking tray; repeat with the remaining pears. Bake for 25–30 mins until the pears are soft and the pastry is golden. Serve with custard, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2001kJ 480kcal	20g	9g	33g	0.5g
24%	28%	45%	37%	8%

of the reference intake. See page 5.
Carbohydrate 63g Protein 9g Fibre 7g

SPICED BASQUE CHEESECAKE WITH AUTUMN COMPOTE

Serves 14 freeze compote only

Takes 1 hr plus cooling and optional chilling

Cost per serve 77p

GET AHEAD The cheesecake and compote (stored in separate containers) will keep for up to 3 days in the fridge.

- butter, for greasing
- 2 x 200g packs full-fat soft cheese
- 150ml soured cream
- 200ml double cream
- 150g golden caster sugar
- 4 large eggs
- 1½ tbsp plain flour
- 1 Tesco Finest chai (or vanilla chai) teabag
- For the compote**
- 150g golden caster sugar
- 1 lemon, juiced
- 325g pack plums, quartered
- 150g pack blackberries

- 1 Preheat the oven to gas 8, 230°C, fan 210°C. Grease and line a 20cm springform cake tin with a large square of baking paper so the edges overhang.
- 2 In a large mixing bowl, use a wooden spoon to beat the cream cheese until loosened. Add the soured cream and beat to combine. Add the cream and sugar; beat again until combined and the sugar has dissolved. Add the eggs, 2 at a time, beating until smooth.
- 3 Put the flour in a small bowl, add a large serving spoonful of the cheesecake mixture and mix until smooth. Stir back into the rest of the mixture, then empty the contents of the teabag into the mix and gently stir through.
- 4 Pour the cheesecake mixture into the prepared tin and bake for 30–35 mins until the top is dark brown but the centre is still wobbly. Leave to cool in the tin for 1 hr.
- 5 Meanwhile, for the compote, put the sugar, lemon juice and 90ml water in a medium saucepan. Bring to a simmer and stir gently until the sugar crystals have dissolved and it begins to look syrupy. Add the quartered plums and blackberries and simmer over a medium-low heat for 5–7 mins until tender; remove from the heat. Use a slotted spoon to scoop the fruit into a bowl and set aside. Return the syrup to a medium heat and bubble for 5–10 mins until thickened. Stir through the fruit, then set aside to cool.
- 6 When the cheesecake has cooled for 1 hr, remove from the tin. Serve slightly warm, with the compote. Or set aside to cool completely before refrigerating for 4 hrs (or overnight), then serve chilled.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1296kJ 311kcal	19g	12g	28g	0.3g
16%	28%	60%	31%	4%

of the reference intake. See page 5.
Carbohydrate 29g Protein 5g Fibre 1g



WE USED

Serve with extra-creamy Tesco Finest Custard 500g, £2.40 (48p/100g), for a decadent finish.







WE USED

The blend of black tea, cinnamon, ginger and other spices in Tesco Finest Chai 50 Teabags 125g, £1.70 (£1.36/100g), adds gentle warmth to this creamy bake.

77p
per serve



ESPRESSO MARTINI CHOCOLATE MOUSSE

Serves 4  

Takes 20 mins plus setting

Cost per serve 98p

GET AHEAD Make the bases up to 24 hrs ahead; spoon over the cream up to 4 hrs ahead.

125g classic 74% dark chocolate

5 large egg whites (see tip, below)
25g golden caster sugar
2 tsp instant espresso powder, made up to 50ml, plus extra to decorate (optional)
2 tbsp vodka or water (optional)
160ml whipping cream
a few coffee beans, to decorate (optional)

1 Melt the dark chocolate in a bowl set over a pan of simmering water so it fits snugly but doesn't touch the water, or in a microwave in 30-sec bursts, stirring between each burst. Set aside.

2 Whisk the egg whites with an electric whisk in a non-plastic bowl until soft peaks form, then add the sugar and whisk again to stiff peaks.

3 Add a large spoonful of the whisked egg white to the melted chocolate; mix well. Stir in the hot espresso until fully combined, then add the vodka or water, if using, and mix until smooth and shiny. Gently fold in the remaining whisked egg white with a large metal spoon.

4 Set aside 2 tsp mousse mixture and divide the rest between 4 small Martini glasses or tumblers. Chill for 3 hrs or until set.

5 Add the reserved mousse to the cream and whisk to very soft peaks. Spoon over the chocolate bases, then tap the glasses gently to level; chill for 30 mins. Decorate each glass with 2-3 coffee beans to serve and a sprinkle of espresso powder, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1412kJ 341kcal	28g	17g	15g	<1g
17%	40%	87%	16%	1%

of the reference intake. See page 5.
Carbohydrate 16g Protein 4g Fibre 4g

USE IT UP

EGG YOLKS

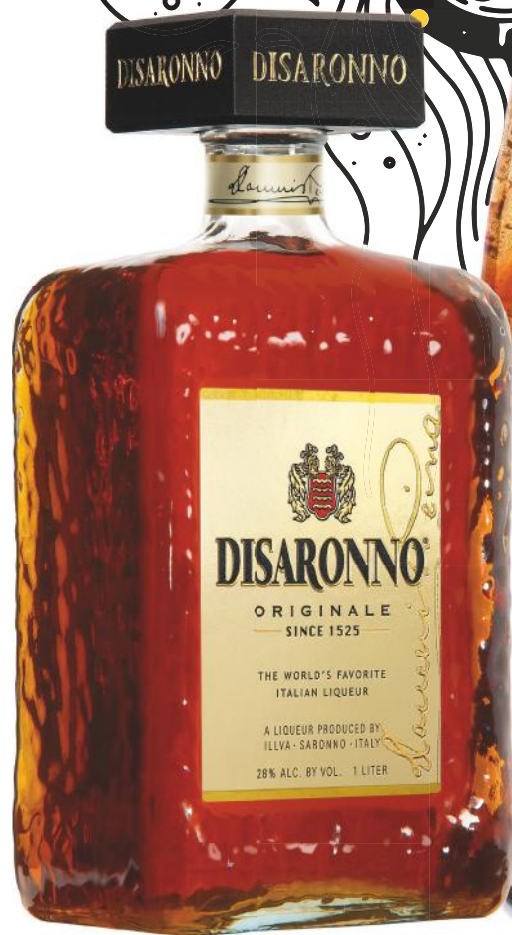
Add leftover egg yolks to cheese sauces for extra richness, or use to make custard or curds. Turn to p92 for more leftovers ideas.

*Plan for
Christmas*

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Make the best...

Homemade curry

Want to cook a restaurant-worthy curry in the comfort of your own kitchen? With these recipes, tips and clever bits of kit, you'll be on track for your best fakeaway yet

Nothing says autumn like a comforting bowl of curry – and with National Curry Week running from 2-8 October, there's no better time to learn how to make it yourself. Countries across the world have their own curry cultures, but we're taking a look at Indian flavours to help you make some of your takeaway favourites.

Help! I want to make my own curries from scratch but don't know where to begin. It all starts with a base – and a lot of ingredients you'll already be familiar with.

OIL If you want the food to do the talking, pick a neutral oil like rapeseed or vegetable, but if you want to add flavour, try groundnut or coconut oil. Or you could use ghee, which will help to provide creaminess.

ONIONS The longer you cook your onions, the richer and sweeter your base will be. Cook on a medium-low heat to avoid burning, and let their colour intensify until they've reached the desired stage – either soft and translucent, or all the way to golden brown.

GARLIC AND GINGER Fresh are often punchier, but pastes are a speedy way to skip the prep. With garlic, crush the whole clove with the flat of your knife before chopping or mincing to release more allicin (which is what gives garlic its intense flavour). Add both in the final minute of cooking your onions to avoid burning.

AND OF COURSE... SPICE! Read on to learn how to make the most of your spice rack and use it to layer flavour into your curry dishes.

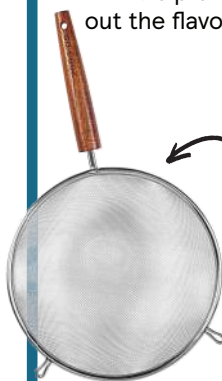
QUALITY KIT

Find these nifty utensils in store, to help you make curry prep a breeze



Go Cook Multifunction Garlic Press, £10. There are three settings for crushing, slicing or dicing.

Go Cook Meat Tenderiser, £5.25. If you're using meat in your curry, a few quick bashes with this utensil will help bring out the flavours.



Go Cook Acacia Stainless-Steel Sieve, £5. For perfect results, rinse rice in this sieve before cooking.

GO COOK
Exclusively for **TESCO**

MILD & SWEET

ROASTED SQUASH TADKA DHAL

'Use whatever squash you have to hand; frozen squash also works great here,' says Nik.

Serves 4    

Takes 45 mins

Cost per serve 84p

LOW ENERGY Instead of roasting, add the squash to the saucepan at the same time as the lentils.

500g butternut squash, peeled, deseeded and cut into half-moons
3 tbsp vegetable oil or ghee
2½ tsp cumin seeds
1 tsp chilli powder
300g red lentils, rinsed
½ tsp ground turmeric
1 lemon, juiced
1½ tsp mustard seeds
1 large onion, sliced
2 garlic cloves, sliced
10g fresh coriander, leaves chopped
1 red chilli, thinly sliced (optional)
rice, naan or roti, to serve (optional)

1 Preheat the oven to gas 6, 200°C, fan 180°C and heat up a large baking tray. Toss the squash with 1 tbsp oil, 1 tsp cumin seeds and ¼ tsp chilli powder. Arrange on the tray; roast for 35–40 mins, turning halfway, until tender.

2 Meanwhile, put the lentils in a lidded flameproof casserole dish with the turmeric, 1 tsp fine salt and 1.3ltrs water. Bring to the boil; partially cover and simmer for 25–30 mins until tender. Stir in the lemon juice.

3 Heat the remaining oil or ghee in a pan over a medium-high heat. Drop in a mustard seed; if it's hot enough it will sizzle and pop. Add the mustard seeds,

remaining cumin and chilli powder, and swirl for 30 secs. Add the onion and fry for 8 mins or until golden. Add the garlic; cook for 2–3 mins.

4 Divide the lentils among bowls and top with the squash, tadka and coriander. Scatter with chilli, if using, and serve with rice or bread, if you like. Leftovers will keep, chilled, for up to 5 days.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1839kJ 439kcal	13g	1g	10g	1.5g
22%	18%	5%	12%	25%

of the reference intake. See page 5.
Carbohydrate 51g Protein 22g Fibre 15g
2 of your 5-a-day; low in fat; high in fibre



NIK SHARMA,
RECIPE WRITER
(@abrowntable)

Nik, who developed these recipes for *Tesco* magazine, says, 'My passions in cooking centre around flavour and science. These curries are flavourful and quick to make.' His book, *Veg-table*, is out on 24 October.

A jarred sauce is so much quicker than making my own.

We hear you, but there are lots of ways you can get ahead for busy weeknights

1 Homemade curry pastes can add fast-track flavour. Toast whole spices before blending with onions, garlic, chilli, ginger and tomato purée, then freeze in ice

cube trays. Defrost one cube per person and fry before continuing with the recipe.

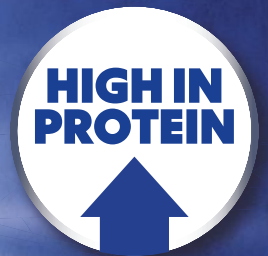
2 Prep veg and meat in advance and put them in a slow-cooker with coconut milk

and spices in the morning, so dinner's ready when you're home.

3 Skip the prep by using frozen diced garlic, ginger, onions and veg.

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I don't want to have to buy hundreds of different spices.

Spices are essential to create depth of flavour, but you don't need all of them – there are a few key players you probably already have in your spice rack that are really versatile. If you don't have them, try all-in-one mixes like garam masala or curry powder. Here are some of our favourites...

1 FENNEL SEEDS have a warm liquorice flavour. They can be found in blends like garam masala and Chinese five-spice, as well as in classic Italian fennel sausages.

2 DRIED CURRY LEAVES are pungent and earthy with a unique citrusy flavour. You can sauté them in oil at the start of the cooking process or simmer them in liquid (as you would bay leaves), but there's no need to remove them before eating.

3 TURMERIC is slightly bitter and peppery. It adds a vivid colour and depth to curries, but can also be used in cheese sauces and smoothies.

4 CINNAMON creates warmth without heat. If you want a subtler flavour, use sticks instead of ground – you can add sticks to mulled wine too.

5 CLOVES add a strong heat and can be used ground for curries or whole studded into joints of meat before roasting.

6 MUSTARD SEEDS are sharp and punchy, and are great fried with finely sliced onions and used to top all kinds of dhal.

7 BAY LEAVES have a delicate flavour that adds depth to your dishes. Best simmered low and slow; remove before serving.

8 KASHMIRI CHILLI FLAKES give a hint of heat and sweetness. Use up the jar by sprinkling over eggs or adding to tomato-based sauces for a spicy kick.

9 STAR ANISE is found in garam masala and has an aniseed flavour, like fennel seeds.

10 CARDAMOM has a distinct fragrance. Crack open the pod and crush or chop the seeds inside before use. Cardamom adds sweetness to sweet and savoury dishes and distinctive aromatic notes in chai tea.

11 CORIANDER SEEDS create warmth with a hint of citrus. For maximum flavour, dry-fry: remove from the heat when they start to crackle and you can smell the aroma.

12 CUMIN adds warmth and earthiness to curries. Also try stirred into yogurt and served with fish, or in Mexican dishes like tacos and fajitas.

13 GARAM MASALA contains spices like cinnamon, cardamom and coriander seeds, and is a cheat's way of creating complex flavour using just one jar!

WHOLE VS GROUND

Whole spices add pops of flavour, they are also great in dishes with longer cook times enabling the flavour to infuse throughout the dish. You can also grind them with a

pestle and mortar to enhance their flavour.

Ground spices can burn if you dry-fry them for too long, so aim to add with a little oil, liquid or chopped tomatoes. These are

great in curries that have shorter cooking times as they give a quick, concentrated hit of flavour. If using ground spices instead of whole, you'll need slightly less.

SWEET & SOUR

AUBERGINE LAMB CURRY

Nik says, 'The sweet scent of cardamom and fennel, along with the warm flavours of garam masala, give this curry a satisfying aroma, while the sour fruity taste of tamarind complements the tomatoes in the curry.'

Serves 4

Takes 1 hr

Cost per serve £1.96

- 2 tbsp vegetable oil
- 300g pack diced lamb shoulder, cut into 2.5cm pieces
- 2 onions, diced
- 4 garlic cloves, crushed
- 2.5cm piece fresh ginger, peeled and grated
- 4 cardamom pods, lightly cracked
- 1 tsp each garam masala, ground coriander and medium chilli powder
- 1 tsp fennel seeds, crushed
- 1 large aubergine, trimmed and cut into 1.5cm cubes
- 400g tin chopped tomatoes
- 2 tbsp tamarind paste
- 1 tbsp light brown soft sugar
- 10g fresh coriander, leaves chopped
- naan or roti and yogurt, to serve (optional)

- 1 Preheat the oven to gas 6, 200°C, fan 180°C. Heat the oil in a lidded flameproof casserole dish over a medium heat and add the lamb and a pinch of salt. Fry for 4–5 mins until browned all over, then transfer to a plate.
- 2 Add the onions to the pan and fry for 4–5 mins until soft and tender. Add the garlic and ginger, cook for 1 min, then stir in the spices and cook for another 30–45 secs until fragrant.
- 3 Stir in the aubergine and cook for 1 min. Add the lamb back in along with the tomatoes, tamarind, sugar, 350ml water and 1 tsp salt, then bring to the boil. Cover and transfer to the oven for 45 mins until the lamb is tender.
- 4 Scatter with the coriander and serve with naan or roti and yogurt, if you like. Any leftovers will keep in the fridge for up to 4 days.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1331kJ 319kcal	17g	5g	18g	1.8g
16%	24%	24%	20%	29%

of the reference intake. See page 5.
Carbohydrate 22g Protein 17g Fibre 6g
3 of your 5-a-day; low in sugar;
high in protein

NEED TO KNOW

Tamarind is a tree fruit and here it's used in paste form. It tastes sweet and tangy, and adds a citrusy bitterness to curries.

I've made my curry too spicy – how can I fix it?

We've all been there. Adding coconut milk or dairy, such as yogurt or cream, will help cool it down. Otherwise, try adding potatoes, a squeeze of citrus or a pinch of sugar.

Even when I use spices, my dish still tastes bland.

It's all about building layers of flavour. Release the aroma of whole spices by adding at the start of cooking. Add ground spices after the onions, garlic, ginger and chilli to create a flavour-packed base. Use tinned tomatoes over fresh for a more intense flavour. Taste as you go and consider adding honey for sweetness, mushrooms or tamarind for umami depth, or a squeeze of citrus to provide acidity.

POTATO & SPINACH PAKORAS

'Pakoras are a joyous snack, especially on cold, wet days,' says Nik. 'To immerse yourself in their crispy goodness, they're best eaten within 30 minutes of cooking.' Try these with your favourite Indian chutney.

Serves 4

Takes 30 mins

Cost per serve 88p

- 120g gram flour
- 1 tsp garam masala
- ½ tsp ground turmeric
- 400g potatoes, peeled and grated
- 1 medium onion, halved and thinly sliced
- 140g fresh baby spinach, chopped
- 1 green chilli, finely chopped
- 1ltr vegetable oil
- lime pickle or mango chutney, to serve (optional)

- 1 Mix the gram flour, spices and ½ tsp each ground black pepper and fine salt in a large mixing bowl. Add the potatoes, onion, spinach and chilli, then massage the veg into the flour mixture – this will help release the liquid and turn the flour into a paste to coat the veg.
- 2 Take 2 tbsp of the mixture and shape it into a ball about 4cm. Set aside on a plate and repeat with the remaining mixture to make 20 balls.
- 3 Heat the oil in a large high-sided pan over a medium heat until it reaches 180°C. If you don't have a kitchen thermometer, put the end of a wooden spoon in the oil: if the oil around it bubbles steadily, it's ready.
- 4 Fry the pakoras in batches for 4–5 mins until dark golden-brown. Use a slotted spoon to transfer to a plate lined with kitchen paper, then toss with a pinch of salt, if you like, while still hot. Cover with foil to keep warm while you make the remaining pakoras. Best served fresh, but they'll keep in an airtight container in the fridge for up to 3 days. Serve with lime pickle or mango chutney, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1174kJ 280kcal	10g	1g	4g	0.9g
14%	14%	4%	4%	15%

of the reference intake. See page 5.
Carbohydrate 35g Protein 10g Fibre 6g
Low in saturated fat; low in sugar



Did you know?

Kept in a cool, dry place, out of direct sunlight, whole spices can last 3-4 years, while ground can last 1-2 years. But if they're exposed to moisture or heat, they can clump.

Go Cook Fine Grater, £8.50. Ideal for grating ginger, garlic and tougher spices, such as nutmeg or cinnamon.



Curry always feels heavy and unhealthy. Is there a way to make it lighter?

Yes! Swap regular for light coconut milk – it has the same creamy taste, just with less saturated fat. You can also pick leaner cuts of meat, such as chicken breast, pork loin or turkey, or swap for beans or extra veg. And don't forget your appliances. Cook pakoras, bhajis and samosas in an air-fryer or oven rather than deep frying, or choose fibre-filled sides, such as brown rice, wholemeal flatbreads or salads instead.

RICH & CREAMY

GOAN

CHICKEN CURRY

Nik says, 'This chicken curry recipe comes from my maternal grandmother, Lucy. The smooth, comforting texture of the coconut milk combined with the tangy sweetness of chopped tomatoes gives a remarkably rich flavour.'

Serves 4

Takes 1 hr 30 mins

Cost per serve £1.61

2 tbsp vegetable oil,
ghee or coconut oil

2 large onions, chopped
4 garlic cloves, crushed
2.5cm piece fresh ginger,
peeled and grated
1 tsp each ground cumin
and ground coriander
½ tsp chilli powder
½ tsp ground turmeric
500g bone-in
chicken thighs (skin
removed, optional)
400g tin chopped
tomatoes
400ml tin lighter
coconut milk
10g fresh
coriander,
leaves chopped
rice, to serve
(optional)

Go Cook Aluminium Marble Saucepan

20cm, £22. With its nonstick base, this pan is a great option for cooking rice in.

1 Heat the oil or ghee in a lidded flameproof casserole dish or large pan over a medium heat. Add the onions with a pinch of salt, then sauté for 30 mins or until the onions turn toffee brown.

2 Add the garlic, ginger and spices, and cook for 1 min more. Add the chicken, tomatoes, coconut milk and 1 tsp fine salt. Cover, reduce the heat and simmer for 45 mins–1 hr, stirring occasionally, until the chicken is cooked through.

3 Scatter with the coriander and serve with rice, if you like. Leftovers will keep in the fridge for up to 4 days.

Each serving contains (chicken skin removed)

Energy	Fat	Saturates	Sugars	Salt
1776kJ 427kcal	31g	16g	13g	1.9g
21%	44%	78%	15%	31%

of the reference intake. See page 5.
Carbohydrate 18g Protein 19g Fibre 4g



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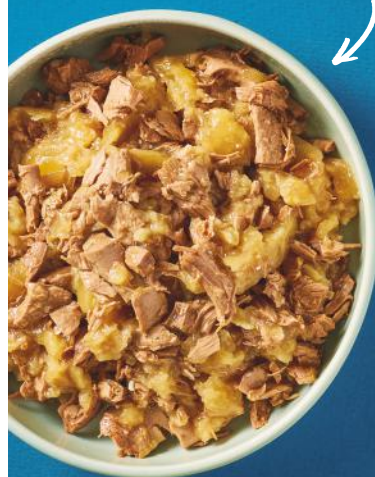
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FELINE FAVOURITES

The pouches in Felix As Good As It Looks Mixed Cat Food Selection 40 x 100g, £14.95

(37p/100g), are made with quality ingredients and meet all of your cat's daily nutritional needs. This bumper pack contains four different flavours - two meat and two fish - so your cat can discover their favourite.



Did you know?

The amount of food to give your pet depends on their age, size and breed. Always follow the pack guides to ensure the correct portion size.

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Tasty meals and treats for your pooch, including options for dogs on a grain-free diet.



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expertly made from natural ingredients.

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Butcher's Grain Free Healthy Heart Dog Food 6 x 390g,

£5.75 (25p/100g), is a vet-

recommended, grain-free wet dog food. Created by nutritionists, it contains a balance of specific ingredients including omega-3 and vitamins C and E, to help support a healthy heart and immune system.



TOP-TIER TREATS

When given as part of a balanced diet, treats are a great reward for good behaviour and help you build a bond with your pet. Grain-free Lily's Kitchen The Best Ever Beef Mini Burgers 70g, £2.45 (£3.50/100g), are made with freshly prepared meat and offal so are sure to get tails wagging.





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WORDS JESS HERBERT PHOTOGRAPHY TOBY SCOTT FOOD STYLING KATY GREENWOOD PROP STYLING DAVINA PERKINS Available in the majority of larger stores. *Source: heartuk.org.uk. A daily intake of 3g of beta-glucan can help to lower blood cholesterol. **Aldi Price Match: Prices checked and matched on hundreds of comparable products from GB Aldi stores and/or online twice weekly. Price most often found matched excluding promotional prices. Prices matched pro rata. Products matched may vary by week. Excludes Express, Whoosh and NI. For more details, see tesco.com/aldi/pricematch

IF YOU MAKE ONE CHANGE...

...Eat more oats

This storecupboard star has so many uses beyond porridge, and it will help increase your fibre and protein intake.



Grower's
Harvest
Porridge Oats
1kg, 90p**

Oats are a source of fibre and they contain a special type called beta-glucan, which can help lower blood cholesterol*. They're also higher in protein than many other grains, and contain vitamins and minerals like manganese (which supports the protection of cells from oxidative stress) and phosphorus (which contributes to the maintenance of normal bones).

Up your intake by adding a spoonful to your smoothie, or swap sugary snacks for homemade cereal bars using oats as a base and adding mashed banana, nut butter, mixed nuts or dried fruits.

You can even add oats to dinners. Mix into burgers or meatballs, or blitz into soups to help thicken. Toss with breadcrumbs and herbs to coat fishcakes, chicken fillets or sliced aubergine.

At Tesco, Better Baskets is a way of helping you make better choices with the food you buy and the meals you make. For some great recipe ideas using porridge oats, have a look at the Better Baskets hub on Tesco Real Food: tesco.co/oats.



King of the greens

Here's an affordable veg hero that's easy to include in meals. Discover our top tips to get kids (and adults) to tuck into broccoli

One of your 5-a-day? Tick. Affordable? Tick. Thanks to Aldi Price Match*, you can pick up a 380g head of broccoli for 72p... and there are plenty of ways to use this versatile veg in everyday meals. And if you can swap out a meat meal here or there for a vegetarian option, you're winning all round. It's why broccoli gets to carry the Better Baskets stamp from Tesco.



TIPS FOR FUSSY EATERS

HIDE IT

Make the broccoli a secret: blitz it with other ingredients to create soups, dips, falafel or sauces (like the pesto in our recipe, right).

DISGUISE IT

Incorporate it with other veg into dishes where it can't be picked out easily. Think fritters, pies, calzones and

BIG UP YOUR BROCCOLI

MAKE IT LAST

Store in its packaging or a perforated bag in the veg drawer of the fridge. Yellowing broccoli is still safe to eat, this is just a sign that it's past its best. Tired, bendy broccoli can be revived by placing it, stalk-down, in a bowl of iced water to rehydrate.

USE IT ALL

The stalk is as edible as the florets! Peel to remove the tougher skin, then trim the bottom. The stalk takes longer to cook than the florets, so cook for an extra few minutes or chop into smaller pieces. Use raw (thinly sliced) in salads and slaws, or add to stir-fries and soups.

fishcakes. Visit [tesco.co.uk/broccoli](https://www.tesco.co.uk/broccoli) for these and other recipes that feature broccoli.

TRY SOMETHING DIFFERENT

Sometimes it can be all about the cooking method. A picky eater might not be a fan of boiled broccoli, but serve it steamed, stir-fried or roasted: the different texture might just do the trick!

BROCCOLI PESTO PASTA WITH SPICY CRUMBS

Serves 4 freeze

pesto only

Takes 20 mins

Cost per serve 95p

375g head of broccoli,
cut into florets, stalk
cut into 1-2cm pieces

320g frozen peas

100g pumpkin seeds

3 garlic cloves,
2 crushed, 1 thinly sliced

30g pack fresh basil

1 lemon, zested
and juiced

300g wholewheat
spaghetti

220g pack green beans,
trimmed and halved

1 tbsp olive oil

1 red chilli, sliced

6 tbsp (40g) dried
breadcrumbs

1 Cook the broccoli stalk and peas in a large pan of boiling water for 3-4 mins until the broccoli is tender. Scoop into a colander with a slotted spoon, run under cold water and drain. Reserve the cooking water and set aside.

2 Toast the pumpkin seeds in a dry frying pan for 3-4 mins until golden. Tip into a food processor with the crushed garlic, basil, and lemon zest and juice, then blitz to combine.

3 Cook the spaghetti to pack instructions in the reserved cooking water, adding the broccoli florets and green beans for the last 4 mins of cooking. Drain, reserving a mug of the cooking water.

4 Meanwhile, add the broccoli stalk and peas to the food processor and blitz again, slowly adding 2 tbsp olive oil and 100-120ml water while the motor is running, to make a thick, slightly chunky pesto. Season to taste.

5 Heat the remaining 1 tbsp oil in the frying pan over a low-medium heat. Fry the sliced garlic and chilli for 1-2 mins until the garlic just starts to turn pale golden, then add the breadcrumbs. Fry for another 1-2 mins until golden and crisp; tip into a bowl.

6 Stir the pesto through the pasta and vegetables, loosening with a little of the reserved cooking water if needed. Spoon into bowls and top with the spicy breadcrumbs to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2388kJ 568kcal	16g	2g	11g	0.3g
28%	22%	12%	13%	5%

of the reference intake. See page 5.
Carbohydrate 71g Protein 27g Fibre 20g
3 of your 5-a-day; low in saturated fat;
high in fibre



95p

per serve

Uses broccoli stalk and all!

More ways to use up broccoli

BROCCOLI CHEDDAR SOUP

Soften garlic and spring onions in a pan; add broccoli stalks, chopped potato and vegetable stock. Simmer till soft then add broccoli florets and cook until tender. Stir through spinach, then blitz smooth, adding milk to get the consistency you want, then add grated Cheddar and heat till melted. Top with sliced spring onions and more Cheddar to serve.

GREEN BAKED EGGS

Boil broccoli stalks and florets with frozen peas, until tender. Fry spring onions, then stir in the cooked peas and broccoli, plus butter beans, spinach and olives, adding a little water. Cook until the spinach wilts. Crack in one egg per serving, cover and cook until set. To serve, dollop on natural yogurt and some fresh basil; serve with garlic bread.

BROCCOLI FRITTERS

Stir-fry diced broccoli stalk to soften then put it in a bowl with plain flour and a little baking powder, then mix in equal quantities of crème fraîche and milk to create a batter. Add chopped basil and mix well. Fry in batches until golden, turning halfway.

**Better
Baskets**

GIVE ME MORE!

Scan this QR code to find more Better Baskets recipes on Tesco Real Food.



WORDS AND RECIPE **BRONY BOWIE** PHOTOGRAPHY **ALEX LUCK** FOOD STYLING **SOPHIE FOOT** PROP STYLING **LUIS PERAL** *Available in the majority of larger stores. Price per item is a guide only. Final charge will be based on product weight. Aldi Price Match: Prices checked and matched on hundreds of comparable products from GB Aldi stores and/or online twice weekly. Price most often found matched excluding promotional prices. Prices matched pro rata. Products matched may vary by week. Excludes Express, Whoosh and NI. Product availability varies by store. For more details, see tesco.com/aldipricematch

COMFORT & JOY

♥ JAMIE OLIVER

As we head into autumn, rustle up
Jamie's delicious, budget-friendly
dishes and celebrate the cosy season

Ready in 30 mins





There's something a bit magical about this time of year. The chill in the air and longer nights make you want to hunker down. So with that in mind, I'm sharing three comforting, low-effort dinners.

For full-on cosiness, my banging beans on toast really pack in the good stuff. And now that Sunday roasts are back in full swing, I've used basmati rice to make the most of leftover chicken in a brilliant dish that'll soon be your Monday night go-to. Finally, I've charred beautiful veg with fragrant, warming ras el hanout for a real weeknight winner, Mushroom & courgette flatbreads. Both of these are Better Basket recipes, helping you make better choices about the food you buy and the meals you make, even when times are tight. There's something for everyone, so let's get stuck in!

GIVE ME MORE!

Scan this QR code to find lots of Jamie's recipes on Tesco Real Food.



'There's really nothing quite like beans on toast – so why not take them to the next level with my twist on the classic? It's a super-satisfying yet simple dinner'

CURRIED BEANS ON TOAST

WITH CHEESY TOASTS

Serves 4  

Takes 30 mins

Cost per serve 97p

1 onion
3 garlic cloves
1 tbsp olive oil
3 tsp medium curry powder
2 x 400g tins butter beans
500g carton passata
200g frozen spinach
8 slices wholemeal bread
80g mature Cheddar
mango chutney, to serve (optional)

JAMIE'S TOO

GOOD TO WASTE

- Make a big batch of the beans, then portion up and freeze for a comforting meal another day.
- Blitz any leftover beans with a little vegetable stock for a creamy soup.

- 1 Peel and finely slice the onion and garlic. Put the oil in a large frying pan over a medium-low heat and add the onion and garlic. Cook for 10 mins until softened, stirring occasionally. Sprinkle in the curry powder and cook for 1 min until fragrant.
- 2 Drain the butter beans and add them to the pan with the passata. Bring to the boil, then reduce to a simmer and cook for 8 mins until slightly thickened. Stir in the spinach and cook for 2 mins until thawed, then season.
- 3 Meanwhile, preheat the grill to medium and toast the bread on one side. Grate the cheese over the untoasted side, then grill for 1-2 mins until melted and bubbling.
- 4 Divide the toasts between 4 plates, spoon over the curried beans and serve with a dollop of mango chutney, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2075kJ 498kcal	17.6g	6g	11.3g	1.4g
25%	25%	30%	13%	23%

of the reference intake. See page 5.
Carbohydrate 57.1g Protein 25.3g Fibre 13.3g
3 of your 5-a-day and high in protein, which supports the maintenance of normal bones

WIN! JAMIE'S NEW BOOK, 5 INGREDIENTS MEDITERRANEAN!

Jamie's new cookbook, *5 Ingredients Mediterranean*, is out now, and one of you could get your hands on a signed copy (plus an online Jamie Oliver Cookery School voucher, worth £29)! Just share a photo of a Jamie recipe you've cooked from tesco.co.uk/jamieoliver on Instagram with #TescoAndJamie and #TescoJamieChallenge. Opens 00.01 on 4 October 2023. Closes 23.55 on 7 November 2023. UK only, 18+. For full terms and conditions, visit tesco.co.uk/tescojamiechallenge.





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Did you know?

You can crisp up any leftover chicken skin in the hot frying pan to serve as a garnish, and the chicken carcass can be used to make a stock once you've removed all the meat.

JAMIE'S TOO GOOD TO WASTE

'I want to give you some inspiration for using up your leftovers, and this month I'm focusing on one of the most wasted foods in the UK: lovely leftover roast chicken. By using that storecupboard hero, basmati rice, you can transform roast chicken into a dinner that will have the whole family asking for more!'

LEFTOVER CHICKEN & BROCCOLI RICE

TOPPED WITH A CRISPY FRIED EGG

To make this quick, easy recipe, simply shred the brown meat off the chicken carcass, crisp it up in a hot pan with **garlic, ginger, spring onions, sweet chilli and soy sauce,**

then stir it through cooked basmati rice and broccoli. Top with a **fried egg, coriander** (and **crispy chicken skin**, if you like – see above) and it's a brilliant Monday night saviour!



‘Mushrooms are one of those ingredients we often get stuck in a recipe rut with – so I’ve come up with a recipe that gives them a whole new flavour everyone will love. This delicious dinner contains 3 of your 5-a-day and, at under £1 a portion, it’s great value. Go on, give it a go...’

Did you know?

Mushrooms are a source of B vitamins, such as biotin, which we need for metabolic function.



CHARGRILLED MUSHROOM & COURGETTE FLATBREADS

WITH QUICK PICKLED RADISHES

Serves 4

Takes 35 mins

Cost per serve 82p

300g self-raising flour,
plus extra for dusting
240g radishes
red wine vinegar
3 tsp ras el hanout
extra virgin olive oil
1 garlic clove
400g closed-cup
mushrooms
2 courgettes (about 520g)
½ iceberg lettuce (150g)
25g feta

- 1** Tip the flour into a bowl with a pinch of sea salt and 160ml of cold water. Mix into a rough dough, then knead on a flour-dusted surface for 2 mins. Cover with a damp tea towel and set aside to rest.
- 2** Finely slice the radishes into a bowl, then toss with 3–4 tbsp of red wine vinegar and a good pinch of salt. Scrunch everything together and set aside to pickle.
- 3** Whisk together the ras el hanout with 2 tbsp extra virgin olive oil and 1 tbsp of red wine vinegar in a large bowl. Peel and grate in the garlic, stir well and set aside.
- 4** Place a large, nonstick frying pan over a high heat. Add the mushrooms to the dry pan, halving any larger ones, and cook for about 5 mins until golden and gnarly, stirring regularly. Tip into the bowl and toss with the dressing. Return the empty pan to the heat.
- 5** Trim and cut the courgettes into quarters lengthways. Cook in the hot pan for 5 mins,

turning regularly, until charred. Tip onto a board and roughly chop, then toss with the mushrooms and set aside to marinate.

6 Place the pan on a medium-high heat, divide the dough into 4 and roll into 20cm rounds on a flour-dusted surface. One at a time, cook the flatbreads in the dry pan for 1 min each side until just turning golden, stacking them up in a tea towel as you go.

7 Finely slice the lettuce and divide between the flatbreads, then top with the charred veg and a spoonful of radish pickle. Crumble over a little feta, roll up and tuck in!

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1624kJ 385kcal	10g	2.4g	5g	1.5g
19%	14%	12%	6%	25%

of the reference intake. See page 5.
Carbohydrate 65.1g Protein 12.2g Fibre 4.8g
3 of your 5-a-day and a source of folate
(vitamin B9), which supports the reduction
of tiredness and fatigue



Go with your gut

It's what's inside that counts. Here's how to top up your body's microbiome with the good stuff – and you might just feel better

Did you know that your gut is home to trillions of microbes and that 70–80% of your immune system is located in your digestive tract*? Looking after your gut is more important than ever, as research increasingly suggests there are links between our gut and our overall health and wellbeing**.

Why not try?

Whizz this strawberry kefir drink with banana and berries for a fruity breakfast smoothie.



Why kefir?

Kefir is a dairy drink packed with live cultures and protein. It is naturally fermented and one of the best foods to promote good gut health. Biotiful's range of drinks and yogurts includes **Biotiful Kefir Strawberry Dairy Drink 1ltr, £3.50**, made with strawberries and 100% British milk.

QUICK-PICK POTS

Gut love

Yeo Valley Organic Kefir Natural Yogurt

350g, £2 (57p/100g), contains 14 different strains of live gut-friendly cultures. Spoon on to granola and fruit or mix into salad dressings.



Added fibre

Give your digestive system a boost with **Activia Gut Health Apple & Cereals Fibre Yogurt 4 x 115g, £2.75 (60p/100g)**, a great combo of texture and flavour with live cultures and added fibre†.



Go plant-based

Great for breakfast or a snack, these **Alpro Plant-Based Gut Health Strawberry Yogurts 4 x 125g, £2.50 (50p/100g)**, contain live cultures and fermented soya to help support the health of your gut††.





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Five reader-approved recipes to see your family through the week



1



2



3



4



5

Tried it, liked it



Trying this month's meal plan is Liam, who lives with his wife and their two children, aged 12 and nine. 'We stick to similar foods or known winners so I wanted to learn new recipes and extend the kids' food choices.'

GET INVOLVED

Want to test one of our family dinner meal plans for four? Email tesco.mag@cedarcom.co.uk for your chance.

'We had lower costs and less waste, while still getting to eat a varied menu each day'



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CURRIED CHICKPEA BURGERS

Serves 4 freeze
burger patties only

Takes 40 mins

650g floury potatoes,
scrubbed and cut into
wedges
3 tbsp vegetable oil
400g tin chickpeas,
drained and rinsed
1 onion, finely chopped
1 lemon, zested,
½ juiced
10g fresh coriander,
finely chopped
1 tbsp medium curry
powder
5 soft white rolls, 1 torn
into chunks, rest split
open
2 tbsp plain flour
1 carrot, peeled and
shaved into ribbons
with a veg peeler
4 tbsp mango chutney
½ butterhead lettuce,
washed, leaves
separated and torn
if large

1 Preheat the oven to gas 7,
220°C, fan 200°C. Tip the potato
wedges onto a baking tray and
drizzle with 1½ tbsp oil; season.
Toss to coat, then space out on
the tray. Roast for 30–35 mins,
turning halfway, until crisp on the
outside and fluffy in the middle.
2 Meanwhile, pat the chickpeas
dry with kitchen paper and tip
into a food processor with the
onion, lemon zest, half the
coriander, the curry powder and
torn bread. Season well, then
pulse to a chunky paste that
holds together when pressed.
Shape into 4 patties. Dust the
patties with the flour to coat.
3 Heat 1½ tbsp oil in a frying pan
over a medium-high heat and fry
the patties for 2–3 mins each
side until golden and crisp.
4 Put the carrot in a bowl and
toss with the lemon juice,
remaining coriander and a pinch
of salt. Add 1 tbsp mango chutney
and a few lettuce leaves to each
split roll. Top with a patty, some
carrot, then the bun tops. Serve
with the potato wedges and
leftover carrot salad.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2281kJ (542kcal)	14g	1g	16g	1.3g
27%	19%	6%	18%	21%

of the reference intake. See page 5.
Carbohydrate 84g Protein 15g Fibre 12g
1 of your 5-a-day; source of fibre



EVERYDAY

This was our favourite! Green lentils were new to us, but they really added flavour

BEEF & LENTIL COTTAGE PIE

Serves 4 freeze pie
only

Takes 45 mins

1 tbsp olive oil
500g pack Meat & Veg
beef mince
2 garlic cloves,
crushed
2 onions, finely
chopped
1 carrot, peeled and
finely chopped
1 tbsp plain flour
1 reduced-salt beef
stock cube, made up
to 250ml
390g tin green lentils
850g floury potatoes,
peeled and chopped
½ red cabbage, finely
sliced
1 lemon, juiced
3 tbsp 50% less fat
crème fraîche
250g fresh greens,
washed and sliced,
tough stalks removed

1 Heat the oil in a flameproof casserole
dish or deep frying pan over a medium
heat. Fry the mince for 6–8 mins until
golden. Add the garlic, onions and carrot,
and fry for 6–8 mins until lightly
caramelised. Sprinkle over the flour and
season with black pepper. Add the stock
and lentils along with their liquid, then
simmer, stirring regularly, for 10–15 mins
until the sauce has thickened. If using a
frying pan, tip into an ovenproof dish.
2 Meanwhile, boil the potatoes for
10–15 mins until very tender. Drain well and
leave to steam-dry for 2 mins.
3 While the mince and potatoes are
cooking, put the cabbage in a bowl,
add the lemon juice and a pinch of salt.
Toss well and massage with clean hands to
wilt the cabbage and coat everything in
the lemon juice. Set aside to pickle until
ready to serve.
4 Heat the grill to high. Add the crème
fraîche and some black pepper to the
potatoes and mash until smooth. Spoon
over the mince mixture, using a fork to
smooth. Transfer to the grill for 6–8 mins
until golden, bubbling and crispy on top.
5 Meanwhile, boil the greens for 3–4 mins
until tender. Drain well. Serve the pie
with the pickled red cabbage and the
greens alongside.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2325kJ (553kcal)	16g	6g	15g	1.6g
28%	23%	31%	17%	27%

of the reference intake. See page 5.
Carbohydrate 63g Protein 33g Fibre 15g





SQUASH, SAGE & MOZZARELLA PASTA

Serves 4

Takes 25 mins

- 1 small butternut squash, peeled and cut into 2cm cubes (around 500g prepped weight)
- 2 garlic cloves
- 20g pack fresh sage, leaves picked, stems reserved
- 300g spaghetti
- 1 tbsp olive oil, plus extra to serve (optional)
- 210g ball mozzarella, drained

1 Put the squash cubes in a lidded pan and cover with water. Add the garlic, sage stems and a pinch of salt. Bring to a simmer over a medium-high heat, then cover and boil for 15 mins until the squash is tender. Drain well, discarding the sage stems. Or, cover with water in a microwave-safe bowl. Cover, then microwave on high for 8-10 mins* until the squash is very tender.

2 When the squash is almost done, cook the spaghetti to pack instructions. Drain, reserving 100ml pasta water.

3 Meanwhile, heat 1 tbsp oil in a frying pan over a medium heat, then add the sage leaves for 1-2 mins until crisp. Drain on kitchen paper.

4 Blend the squash with a stick blender or in a food processor until smooth, adding a little pasta water to loosen the sauce if needed.

5 Pour the sauce over the drained spaghetti, adding a little more pasta water to loosen if needed; season. Divide between 4 bowls, tear the mozzarella ball into bite-sized pieces and scatter over the pasta with the crispy sage leaves. Add black pepper and a drizzle of olive oil to serve, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1780kJ 422kcal	11g	5g	8g	0.3g
21%	15%	23%	8%	6%

of the reference intake. See page 5.
Carbohydrate 63g Protein 16g Fibre 3g
1 of your 5-a-day; low in fat

The sauce was easy, quick and a healthier alternative to a shop-bought jar of pasta sauce

CHEAT'S CORONATION CHICKEN BIRYANI

Serves 4

Takes 45 mins

- 4 tsp olive oil
- 3 onions, finely sliced
- 1kg chicken thighs
- 1-2 tbsp medium curry powder, to taste
- 10g fresh coriander, stalks finely chopped
- 2 garlic cloves, crushed
- 15g ginger, finely grated
- 2 x 250g pouches wholegrain rice
- 3 tbsp mango chutney, plus extra to serve (optional)
- 250g fresh greens, washed and finely sliced, tough stalks removed
- 150ml 50% less fat crème fraîche

1 Heat 2 tsp oil in a frying pan over a medium-low heat. Fry the onions with a pinch of salt for 15-20 mins, stirring, until caramelised. Add a splash of water if they're catching.

2 Meanwhile, heat 2 tsp oil in a shallow, flameproof casserole dish or deep, lidded frying pan over a medium-high heat. Fry the chicken thighs, skin-side down, for 12-15 mins until golden and crispy, then flip and fry for 10-12 mins until cooked through and the juices run clear when a knife is inserted in the centre of the largest thigh. Transfer to a plate.

3 Add half the onions to the chicken pan and reduce the heat to medium. Stir in the curry powder, coriander stalks, garlic and ginger, then fry for 1 min or until fragrant.

4 Stir the rice into the onions, breaking it up with a spatula. Pour over 300ml water and mix well, picking up any bits that have stuck to the bottom. Stir in the mango chutney and fresh greens, then nestle the chicken into the rice, skin-side up. Cover, reduce the heat to low and cook for 10-15 mins until the liquid has evaporated and the rice is piping hot. Spoon over the crème fraîche, reserved onions and coriander leaves; serve with a dollop of mango chutney, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
3446kJ 826kcal	48g	13g	16g	0.8g
41%	68%	67%	18%	13%

of the reference intake. See page 5.
Carbohydrate 57g Protein 37g Fibre 13g

Using thighs rather than breasts made this really cost-effective





5

SARDINE FISHCAKES

Serves 4 freeze

fishcakes only

Takes 40 mins

650g floury potatoes, peeled and chopped
250g pack cherry tomatoes, quartered
½ small onion, finely chopped
1 tbsp olive oil
1 lemon, zested and juiced
2 x 120g tins sardines in brine, drained
10g fresh coriander, chopped
2 tbsp plain flour
4 tbsp vegetable oil
½ butterhead lettuce, washed, leaves separated

1 Boil the potatoes in a large pan of water over a high heat for 10-15 mins until very tender when pierced. Drain well and tip back into the pan. Leave to steam-dry and cool for 2 mins.

2 Meanwhile, tip the tomatoes and onion into a bowl. Add ½ tbsp oil and half the lemon juice; season, toss well and set aside. Whisk the remaining lemon juice and olive oil in another bowl; set aside.

3 Mash the potatoes until smooth, then fold in the sardines, lemon zest and half the coriander; season. Divide the mixture into 8, then shape into fishcakes using damp hands.

4 Put the flour on a plate. Press the fishcakes into the flour on both sides to coat, dusting off any excess flour.

5 Heat 2 tbsp vegetable oil in a nonstick frying pan over a medium-high heat for 1 min until gently shimmering. Fry half the fishcakes for 2-3 mins until golden and crisp, then flip and cook for another 1-2 mins until golden. Transfer to a plate lined with kitchen paper, then repeat with the remaining oil and fishcakes.

6 Toss the lettuce into the bowl with the dressing to coat. Stir the reserved coriander into the tomato salad, then serve alongside the fishcakes with the lettuce.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1668kJ 399kcal	22g	3g	5g	0.7g
20%	32%	13%	5%	11%

of the reference intake. See page 5.
Carbohydrate 33g Protein 14g Fibre 5g

SHOPPING LIST

4-pack Suntrail Farms lemons
20g pack fresh sage
30g pack fresh coriander
1 large garlic bulb
15g fresh ginger
250g pack Nightingale Farms cherry tomatoes
1 butterhead lettuce
1 small butternut squash
1kg pack Redmere Farms red onions
2.5kg pack Maris Piper potatoes
1 red cabbage
2 carrots
500g pack fresh greens
210g pack Creamfields mozzarella
300ml pot 50% less fat crème fraîche
500g pack Meat & Veg beef mince
900g-1.2kg pack Woodside Farms chicken thighs
500g pack Hearty Food Co. spaghetti
80g pot medium curry powder
400g tin chickpeas
390g tin green lentils
2 x 120g tins sardines in brine
2 x 250g pouches Grower's Harvest microwave wholegrain rice
230g jar mango chutney
6-pack soft white rolls

+ FROM YOUR STORECUPBOARD

Olive oil, plain flour, reduced-salt beef stock cube, vegetable oil

Making these was easier than I expected

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Too good to waste

Thrifty tips to save money and reduce waste

Use it up

Speedy ideas for leftover ingredients from recipes in this issue

RED CABBAGE, p89

Shred to add to tacos, salads or homemade coleslaw. Or make it last even longer by pickling it – it's great on burgers and makes a thoughtful present in a nice jar – visit [tesco.co.uk/pickledcabbage](https://www.tesco.co.uk/pickledcabbage).

STEM GINGER, p45

For an autumnal treat, chop and add to porridge or overnight oats, or try it in flapjacks, granola bars or fruit pies. Use the syrup as a sweetener in cocktails or coffee.

TREACLE, p45

Stored in a cool, dry place, treacle can last up to three months once opened. Get ahead and add 1 tbsp to your Christmas cake for richness. Or mix with lemon or lime juice and use as a sticky glaze for roast pork or salmon.

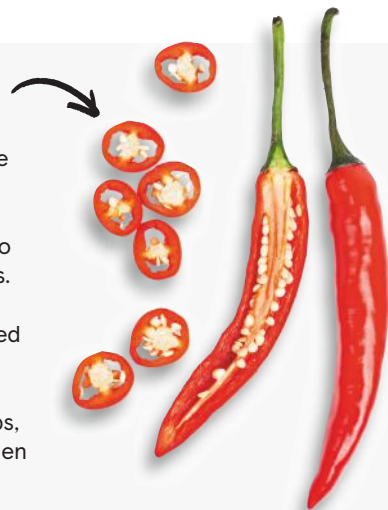


SESAME BREAD STICKS, p41

Crush, mix with grated cheese and sprinkle over pasta bakes before baking to add crunch. Or drizzle chunks with oil and bake for 10 mins for homemade croutons to top soups.

RED CHILLIES, p78

Chillies are super-versatile and can be used in everything from pasta sauce bases and curries to stir-fries and salads. They can be frozen whole, halved, grated or in a spice mix – simply put in an ice cube tray with herbs, garlic and ginger, then top up with oil.



READY-ROLLED GREEN ICING, p38

To make it into runny icing, pop it in a bowl and gradually add a splash of water, a few drops at a time; stir with a spoon, smoothing against the side of the bowl. Eventually, it'll be runny enough to drizzle over other spooky bakes.

SOURED CREAM, p48

Stir into mash to add a sharp richness, mix with herbs for a quick pasta sauce or spoon onto chilli. You can freeze it too: thaw in the fridge before using – in cooking rather than as a dip, as the texture changes.

MANGO CHUTNEY, p90

Pairs well with strong cheeses, so try it in toasties or served with crackers on a cheeseboard. Or use it to create a sweet glaze for chicken, prawns or pork.



FRIDGE-RAID FEASTS

Nothing says autumn like a comforting pie – these are made using odds and ends

1 Tinned soup makes a speedy pie-filling base – try mushroom as a base for chicken pie or oxtail for beef. Use tinned stewing steak for an easy filling, and bulk up with tinned veg like carrots and peas.



2 Turn Sunday-roast leftovers of shredded meat, roasted veg and gravy into pie filling. Boost flavour with herbs from the roasting tin and a glug of past-its-best wine.



3 Pastry is a classic pie topping, but you can also use sliced potatoes, mash – or even a savoury crumble made by mixing butter and flour with herbs and grated hard cheese. If you're using frozen pastry, leave it to thaw in the fridge overnight before baking.



HOW TO...

use the whole pumpkin

Each year, thousands of Halloween pumpkins end up in the bin. Avoid the waste with our top tips:

THE SKIN

No need to peel, as pumpkin skin caramelises beautifully when roasted – and eating it helps to up your fibre intake.

THE SEEDS

Toss them with your favourite spices and roast at gas 4, 180°C, fan 160°C for 10 mins. Try sweet cinnamon-flavoured seeds on porridge, or smoked paprika-flavoured seeds on soups.

THE FLESH

A carving pumpkin isn't as flavourful as a cooking one, but it's great added to mash to increase your 5-a-day. Boil the cubed pumpkin flesh with white or sweet potato cubes, drain, then mash. Or purée, freeze in ice cube trays and add to casseroles, soups and stews to thicken.

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The Cadbury logo, featuring the word "Cadbury" in a purple, cursive script font.The CHEWY VITES logo, with "CHEWY" in green and "VITES" in a darker green, flanked by colorful fruit-like shapes.The ZARBEE'S logo, featuring a small bee icon above the word "ZARBEE'S" in a bold, sans-serif font, with "INSPIRED BY NATURE" in a smaller font below.The Guardian logo, with "The" in a smaller font above "Guardian" in a large, bold, serif font.The Chat logo, with the word "Chat" in a bold, white, sans-serif font inside a red rectangular box.The New Scientist logo, with "New" above "Scientist" in a bold, sans-serif font.

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TRICK OR Treat of the week

This frightfully good chocolate fudge has a surprising spicy kick!

8p
per serve

CHILLI CHOCOLATE FUDGE

Makes 49 pieces   

Takes 20 mins plus setting

Cost per piece 8p

Grease and line a 20cm square baking tin with nonstick baking paper, leaving an overhang. Melt 75g chopped **white chocolate** in the microwave in 20-sec bursts, stirring between each. Stir in $\frac{1}{8}$ tsp **vegetable oil**. Set aside over a pan of just-boiled water. Put 200g chopped **dark chocolate** in a heatproof bowl with 200g chopped **milk chocolate**, a 397g tin **condensed**

milk, $\frac{1}{4}$ tsp **crushed chillies** and a pinch of salt. Heat on full power* for 1 min 40 secs, stirring every 20 secs, until almost melted; stir to finish melting (you may not need all the time). Quickly tip this into the tin and level with the back of a spoon. While still warm, spoon over the melted white chocolate, trailing off a little to create ghost shapes, then accentuate the tails further by gently dragging with a cocktail stick (don't go too deeply into the fudge). Tap the tin to level, then chill for 3-4 hrs (or overnight) until set. Remove the fudge from the tin.

Put 25g melted dark chocolate in a piping bag and pipe eyes and mouths onto the ghosts; chill for 15 mins. Scatter with extra crushed chillies, if you like, then cut into 49 pieces (7 x 7 rows). Will keep for up to 5 days in an airtight container in the fridge.

Each piece contains

Energy	Fat	Saturates	Sugars	Salt
339kJ 81kcal	4g	3g	9g	0.1g
4%	6%	13%	10%	1%

of the reference intake. See page 5.
Carbohydrate 10g Protein 1g Fibre 1g

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